eebrothers.com, for detailed information on nursing books, visit our website www.jaypeebrothers.com, for detailed information on nursing books

Applied SOCIOLOGY for NURSES

3rd Edition

As per the Revised INC Syllabus for BSc Nursing

Audio पाठshala
Your Digital Learning Guide

Complimentary Online Resource
Flashcards & MCQs
only with GENUINE Book

Dr.Wise
AI Chatbot

Scratch the code inside to access
Dr. Wise your Innovative and Genius AI Chatbot

Semester I



R Sreevani



Genuine?
Scratch, Scan & Validate

JAYPEE

CONTENTS

1. **Introduction to Sociology 1**
   - Nature of Sociology *2*
   - Scope of Sociology *3*
   - Branches of Sociology *4*
   - Relationship of Sociology with Other Sciences *6*
   - Significance of Sociology in Nursing *9*
2. **Social Structure 15**
   - Basic Concepts of Society *15*
   - Basic Concept of Community *20*
   - Basic Concept of Association *21*
   - Concept of Institutions *24*
   - Individual and Society *28*
   - Personal Disorganization *28*
   - Social Group *30*
   - Classification of Groups *31*
   - Social Processes *33*
   - Co-operation *34*
   - Accommodation *36*
   - Assimilation *37*
   - Competition *39*
   - Conflict *41*
   - Isolation *42*
   - Socialization *43*
   - Social Change *48*
   - Social Change—Role of a Nurse *54*
   - Structure and Characteristics of Rural, Urban and Tribal Communities *54*
   - Importance of Social Structure in Nursing Profession *62*
3. **Culture 71**
   - Nature of Culture *72*
   - Characteristics of Culture *72*
   - Types of Culture *73*
   - Elements of Culture *74*
   - Functions of Culture *75*
   - Evolution of Culture *76*
   - Diversity and Uniformity in Culture *79*
   - Differences between Culture and Civilization *81*
   - Culture and Socialization *81*
   - Transcultural Society *83*
   - Culture and its Impact on Health and Disease *86*
   - Modernization and its Impact on Health and Disease *90*
4. **Family and Marriage 95**
   - Family *95*
   - Characteristics of Family *96*
   - Basic Needs of a Family *97*
   - Types of Family *98*
   - Functions of Family *100*
   - Marriage *104*
   - Forms of Marriage *104*
   - Social Customs Related to Marriage *105*
   - Importance of Marriage *106*
   - Functions of Marriage *107*
   - Legislation on Indian Marriage and Family *109*
   - Legislations Related to Widow Remarriage *114*
   - Influence of Marriage and Family on Health and Health Practices *114*
5. **Social Stratification 122**
   - Meaning and Definitions of Social Stratification *122*
   - Characteristics of Social Stratification *123*
   - Forms of Social Stratification *123*
   - Determinants of Social Stratification *124*

- Functions of Social Stratification *125*
- Indian Caste System *127*
- Class System *134*
- Status *137*
- Social Mobility *138*
- Race *140*

6. Social Organization and Disorganization..... 149

- Meaning and Definitions of Social Organization *150*
- Elements of Social Organization *150*
- Types of Social Organizations *151*
- Voluntary Associations *152*
- Social System *153*
- Role and Status as a Structural Element of Social System *158*
- Inter-relationship of Institutions *159*
- Social Control *161*
- Social Disorganization *173*
- Social Problems *175*
- Poverty *179*
- Housing *186*
- Food Supplies *187*
- Illiteracy *190*
- Prostitution *192*
- Dowry *195*
- Child Labor *196*
- Child Abuse *200*
- Delinquency *201*
- Crime *203*
- Substance Abuse *205*
- Human Immunodeficiency Virus/ Acquired Immunodeficiency Syndrome *211*
- COVID-19 *213*
- Vulnerable Group *216*
- Fundamental Rights *218*
- Role of Nurse in Reducing Social Problems and Enhance Coping *220*
- Social Welfare Programs in India *221*

7. Clinical Sociology 234

- Role of Clinical Sociology in Crisis Intervention *235*
- Sociological Strategy for Developing Services for the Abused *237*

Glossary *241*

Further Reading *249*

Index *251*

Chapter

4 Family and Marriage



Chapter Outline

- Family: Characteristics, needs, types, functions
- Marriage: Forms, social customs, importance, functions
- Legislations on Indian marriage and family
- Hindu Marriage Act
- The Muslim Personal Law
- Indian Christian Marriage Act
- The Special Marriage Act
- Legislations: Dowry and widow marriage
- Influence of marriage and family on health and health practices
- Positive aspects of marriage
- Negative effects of stressful marriage on health
- Characteristics of a healthy family
- Significance to nursing

FAMILY

In many parts of the world family is viewed as an important unit of the society. It is also considered as the oldest social institution. The uniqueness of Indian families is in providing their members with economic and non-economic resources, creating and shaping self and rearing and socialization of children. The word family is derived from the Latin word *famulus* meaning 'servant or a slave.' The first meaning in English was however close to the modern word 'household'—a collective body of individuals living under one roof including parents, children, blood relations and servants. It also included those who descended from a common family or ancestry.

According to sociologists, family is a close-knit group of people related to one another by a blood bond or a legal bond. Individuals having a common ancestor are part of a family and related through blood bonds. It includes close and distant relatives such as siblings, parents, grandparents, aunts, uncles, nieces, nephews and cousins. These can be well represented using a family tree. Legal bonds in the family on the other hand refer to those arising out of marriages, adoptions, guardianships and through the rights, duties and obligations spelled out in legal contracts.

Members of a family are emotionally connected over a long period of time and provide for one another's physical, emotional and social wellbeing. They come together as a strong primary group performing vital roles in the society both internally (for the members of the family) and externally (for the larger society).

Definitions

- 'Family is a group defined by sexual relationship, sufficiently precise and enduring to provide for the procreation and upbringing of children.'

  —Maclver

- 'Family is more or less a durable association of husband and wife, with or without child, or of a man or woman alone, with children.'

  —MF Nimkoff

JAYPEE BROTHERS

- 'Family is a biological social unit composed of husband, wife and children.'
  —Eliot and Merrill
- 'Family is a group of persons united by ties of marriage, blood or adoption constituting a single household interacting and inter-communicating with each other in their respective social roles of husband and wife, father and mother, son and daughter, brother and sister, creating a common culture.'
  —Burgess and Locke
- 'Family is a group of persons, whose relations to one another are based upon consanguinity and who are therefore kin to one another.' **—Kingsley Davis**

CHARACTERISTICS OF FAMILY

From the above definitions the following general and distinctive features of a family can be deduced **(Figure 4.1)**:

General Features

- **Mating relationship:** A family is based on mating relationship resulting out of marriage between two adults of opposite sex which may either be permanent or temporary in nature.
- **Form of marriage:** Mating relationship established through the institution of marriage may be monogamous, polygamous or polyandrous.
- **System of nomenclature:** Each family is identified by a distinct system of nomenclature. It is unique and a system of reckoning the descent of its members. It may be traced through a male line in a patriarchal society or a female line in a matriarchal society.
- **Economic provision:** Every family makes an economic provision to cater to the needs of its members. It is usually the

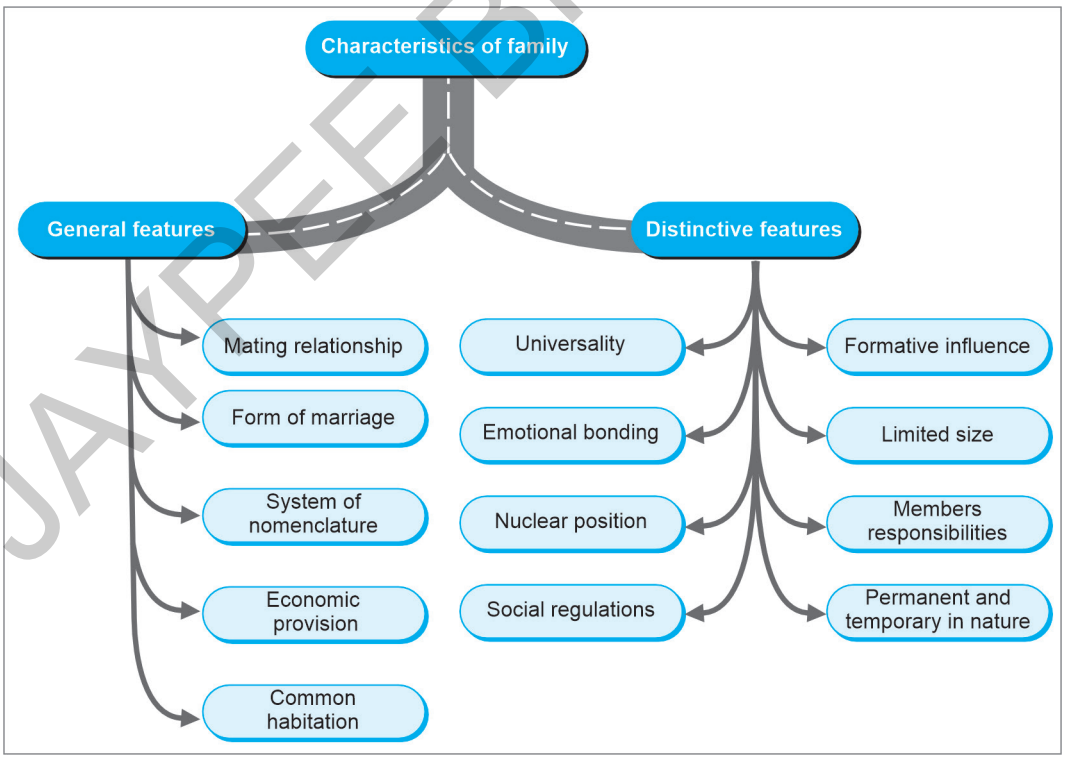

Figure 4.1: Characteristics of family

JAYPEE BROTHERS

head of the family who strives to make the economic provision which is usually shared by its members.

- **Common habitation:** Members of a family generally live together and share a common house. The habitat provides an opportunity to fulfill the task of childbearing and child rearing.

Distinctive Features

- **Universality:** Family is a universal group found in some form or the other in all types of societies whether primitive or modern, urban or rural. Every individual is or has been a member of a family at some point of time.
- **Formative influence:** A family with its distinct customs and traditions, culture and value system impart a lasting influence on its members. Such practices inculcate qualities of obedience, tolerance, sympathy and sacrifice and play a vital role in shaping their personality and character.
- **Emotional bonding:** Mating, procreation, maternal and fraternal devotion, love and affection are the basis of family ties. It is a unit of emotional and economic co-operation.
- **Limited size:** A family is a small unit comprising of people born in the family and those related by a blood relation or brought in by adoption. It consists of a father, mother, their children each sharing their duties and responsibilities. A family can, however, be large, joint or extended.
- **Nuclear position:** A family is the smallest social structure in the society and also the most significant. It is the nucleus of all social groups as all the social structures are built around it.
- **Member's responsibilities:** Each member of the family has a sense of obligation and responsibility towards the family as they share together the pain and joy, and discharge their duties and responsibilities collectively.
- **Social regulations:** Family is an important agency of social control as the value system that shapes the personality and character of each of its members ensures that the set rules and regulations are not violated.
- **Permanent and temporary in nature:** A family as an institution is a permanent and a stable unit. Various activities that are characteristic of a family are carried from generation to generation. However, as an association it seems more temporary and transitional as some members exit on various pretexts while the new ones enter the system. The family continuously keeps evolving in terms of its structure and functions.

BASIC NEEDS OF A FAMILY

Every human being needs certain things such as food, shelter, clothes, education and health services, etc., for survival. A family should meet the basic needs of all its members including children, adolescents, youth, adults and the aged. Meeting basic needs are very important to maintain physical, psychological and social wellbeing of the family. The needs range from basic biological needs vital to survival to those that guarantee the development of human qualities. Basic needs of a family include the following **(Figure 4.2)**:

- **Food:** Food is the most important need for everyone, the fulfillment of which is necessary for survival of the individual. Balanced diet is needed to maintain health and wellbeing. Feeding is one of the biological needs a family must cover.
- **Water:** Water is an important source for survival. It is required for drinking, cooking and cleaning. Drinking clean water in adequate quantities is necessary to maintain good health.
- **Clothing:** Being naked is against civilization and morality. Clothing transforms a human being into a social being and determines the economic level of a family. It protects our body from heat, cold, rain, dust, etc., and varies according to seasons.
- **Housing:** Housing provides protection from extreme weather, safety and security. It is one of the fundamental elements that guarantees human dignity. The type of

JAIPEE BROTHERS

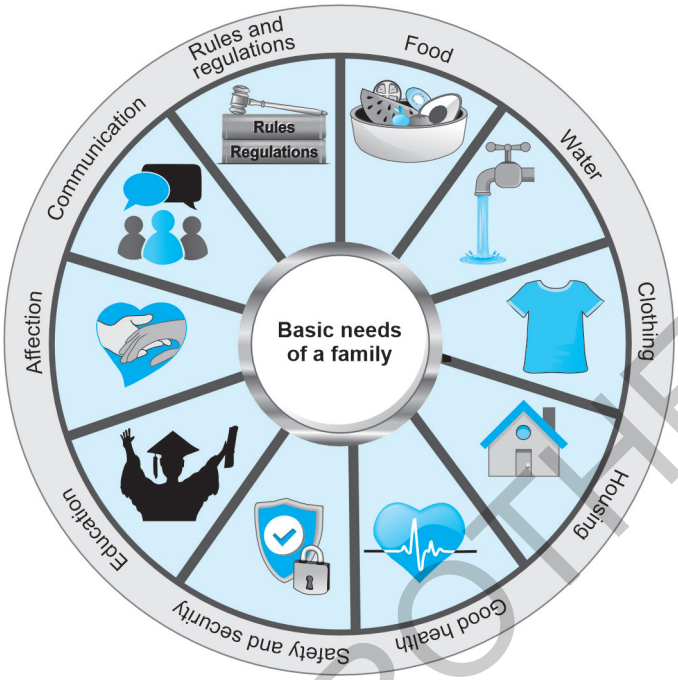

Figure 4.2: Basic needs of a family

house built is influenced by economic status, size of the family, building material available, prevailing weather conditions and cultural practices.

- **Good health:** Good health is considered as a human right. Everyone should recognize good health as a basic need and try to attain it using available resources.
- **Safety and security:** A family needs safety and security. Family members whether children, adults or elders need safe and protected environment to live comfortably.
- **Education:** Education is one of the basic needs of life. It teaches an individual the way to live in a society and carries him on the path to progress.
- **Affection:** Affection is an important component in any family. Each member of the family needs to be felt loved and wanted. It is essential for healthy development of personality.
- **Communication:** Communication is necessary for maintaining proper structure of the group as it allows transmission of messages among family members.
- **Rules and regulations:** Each family should have their own set of rules and regulations for maintaining harmony within the family.

For members of a family to be satisfied the above basic needs must be met. Rapid population growth, however, is resulting in greater economic burden forcing a fall in living standards.

TYPES OF FAMILY

Different types of family structures are prevalent in the present-day society each of which is viable as a supportive and a caring unit. These may, however, fall into multiple categories **(Figure 4.3)**.

Based on Birth

- **Family of orientation:** A family into which an individual is born.
- **Family of procreation:** A family which an individual sets up after his/her marriage

JAYPEE BROTHERS

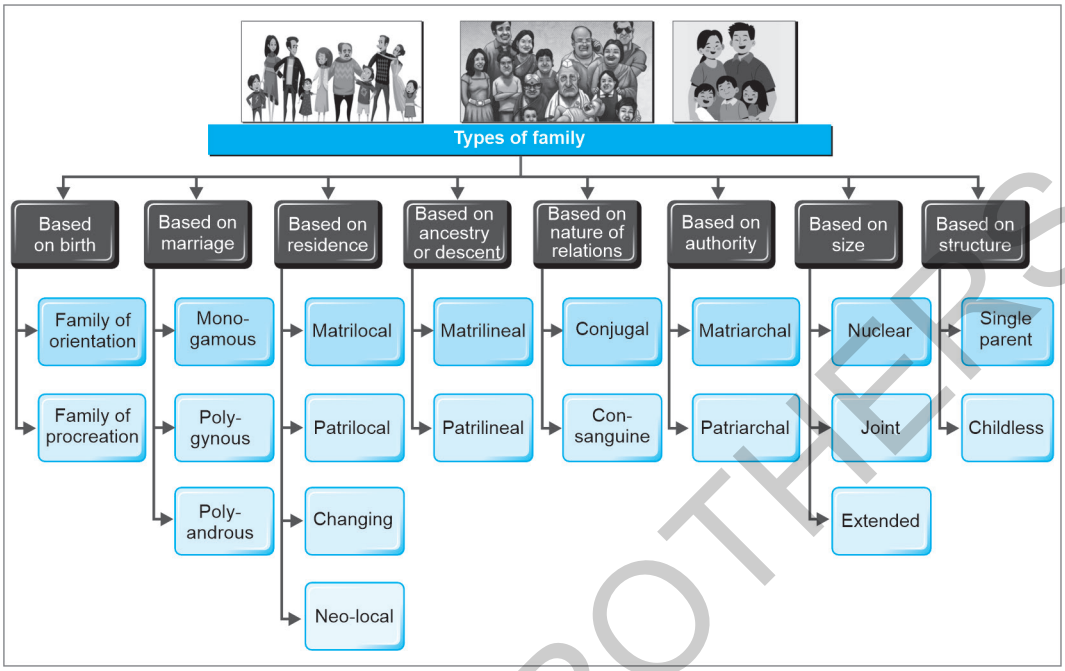

Figure 4.3: Types of family

Family of orientation and procreation though living under the same roof can still be distinguished.

Based on Marriage

- **Monogamous:** It is a form of marriage where there is a relationship with only one partner at a time rather than multiple partners.
- **Polygynous:** It is a form of marriage where a man has more than one wife.
- **Polyandrous:** It is a form of marriage where a woman has more than one husband.

Based on Residence

- **Matrilocal residence:** A family where the couple stays in wife's house.
- **Patrilocal residence:** A family where the couple stays in husband's house.
- **Changing residence:** A family where the couple alternates their stay continuously between the husband's and the wife's house or stays altogether in a different place.
- **Neo-local residence:** A family where the couple live in their respective residence.

Based on Ancestry or Descent

- **Matrilineal family:** A family where the ancestry or descent is traced through the female line or the mother's side.
- **Patrilineal family:** A family where the ancestry or descent is traced through the male line or the father's side.

Based on Nature of Relations

- **Conjugal family:** A family consisting of adults among whom a sexual relationship exists. The family includes spouses and their dependent children. Off late the term conjugal family is being used for partners in long term sexual relationship not actually being married.
- **Consanguine family:** A family with members among whom blood relation exists or those who are consanguineal kin (family consisting of parents, children and siblings).

JAYPEE BROTHERS

Based on Authority

- **Matriarchal family:** A family where woman is head of the family with complete authority vested in her. After marriage, husband resides in the wife's house and descent is traced through the mother's side. Children are brought up in the mother's house. Succession of property is through the female line, i.e., only daughters inherit the property. Such families are found only in limited parts of the world.
- **Patriarchal family:** A family where male is the head of the family with complete authority vested in him. After marriage, wife resides in her husband's house, descent and property is traced through the male line. Children are brought up in the father's house. Such societies are commonly found across the world and thus very common.

Based on Size

- **Nuclear family:** More common in the modern-day societies, it includes parents and their children living in the same residence. Members of the family are limited to only two generations. Children in such a family structure enjoy greater opportunities due to financial ease of the two parents. It is more or less autonomous in nature, not controlled by the elders of the family. It is an outcome of disintegration of the joint family system.
- **Joint family:** A family system characterized by the presence of three generations living together under the same roof, sharing a common kitchen and purse. Only unmarried or widowed daughters are part of such families while the married daughters become a part of their husband's families.
- **Extended family:** Also termed as multi-generational family it consists of a husband, wife and relatives in close proximity such as aunts, uncles, grandparents and cousins. Such a family structure is formed due to certain financial difficulties or a few elder relatives being unable to care for themselves. These relatives live together and share their household chores.

Based on Structure

- **Single parent family:** As the name suggests it is a one parent family with the parent raising one or more children on his/her own. They mostly find support from relatives and friends. The income and opportunities are mostly limited.
- **Childless family:** Sometimes also termed as a 'forgotten family', it is a family structure wherein the couple either cannot or choose not to raise children. Many such families resort to pet ownership or have extensive contact with their nieces and nephews.

Regardless of the type of family structure, members are required to do what is best for themselves and others. Only a family filled with love and support thrives well and tends to be successful.

FUNCTIONS OF FAMILY

A family is the nucleus of all organizations and groups as it is the most immediate and enduring group in any individual's life and a source of primary socialization. Societies around the world rely on the family system to accomplish certain functions. MacIver has categorized these functions into two categories: essential and non-essential **(Figure 4.4)**.

Essential Functions

Essential functions also termed as primary functions are fundamental in nature and not substitutable by any other institution than

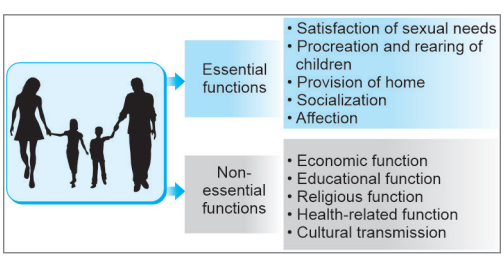

Figure 4.4: Functions of family

JAYPEE BROTHERS

family as they are crucial for its continued existence. These include:

- **Satisfaction of sexual needs:** One of the most important primary function of a family is to provide sexual gratification through an institutionalized, regulated and a controlled structure which legitimizes sexual relationship. Regulating sexual behavior ensures sexual harmony and a long-term partnership between the spouses. Suppressal of sexual instincts may however lead to personality maladjustment and disruption of social relations. Havelock has rightly said "with failure of sexual harmony, the marriage structure rests on shifting sand".
- **Procreation and rearing of children:** A family propagates human species and is responsible for the perpetuation of human race. It provides an orderly context for procreation and is responsible for the nurturing and enforcing of social order among children. No other institution can bring up a child as efficiently as a family can.
- **Provision of home:** Family is a source of emotional and psychological strength for its members in times of need. It is a sanctuary of safety, security and economic stability for every individual. It provides recreation as it brings together all its members during festivals, holidays, family reunions, marriages, dinners and parties.
- **Socialization:** It is an agent for socialization and enduring social relationships which is perhaps its most important function. The primary socialization process of every individual begins within the family which is responsible for teaching societal norms to the child. It ascribes social status and provides a definite identity. It is responsible for carrying forward the family name across generations. It is also the custodian of culture serving as a natural and convenient channel for its continuity.
- **Affectional function:** A human being has both physical and psychological needs. A family as an institution and association caters to both these needs. It is a source of intimate relationships with each member first experiencing feelings of love, sympathy and affection from their parents and siblings.

Non-essential Functions

In addition to essential functions, a family also performs few non-essential functions.

- **Economic function:** A family fulfills the economic needs of its members and serves as an insurance company at the time of financial crisis. Movable and immovable properties of the family are safeguarded by the family. A family also serves as an economic unit—consumption unit and a production unit. Earlier the commodities of consumption were made at home and the family was self-sufficient in a big way. However, the economic role of the family has undergone a considerable change in the modern era due to industrialization and urbanization, wherein the center of production has moved from home to the industry.
- **Educational function:** A family is an important educational agency. It is the first school for a child as it provides a platform for formal education. The family provides basic training in social attitude and etiquettes which are very important for the child as an adult. Similarly, a traditional family is a center for providing vocational education in low socioeconomic families, especially those involved in trades like carpentry, blacksmithing, tailoring, etc. However, in a major shift from the trend followed in traditional families, children from affluent families are seeking admission to top universities for pursuing technical degrees.
- **Religious function:** A family is the religious training center for children. Parents imbibe religious virtues among children by involving them in religious ceremonies and various other rituals. The religious beliefs and traditions are passed from generation to generation. Though secularism is widely

JAYPEE BROTHERS

being accepted among the new generation, the family still plays an important role in shaping the religious attitude and spiritual needs of its members.

- **Recreational function:** At one point of time family was the hub for recreational activities such as festivals, feasts and ceremonies. Members engaged themselves in various indoor and outdoor activities and deemed it as an opportunity to get together and express their love and affection. It was an opportunity to have joyous experience with siblings and other relatives. Off late recreational activities are being planned outside the family not involving a great deal of participation from its members.
- **Health-related function:** Family is responsible for not only providing a nutritive diet to its members but also care for the sick and the aged in the family. While a mother has the responsibility to improve the health of infants by breastfeeding and adopting other recommended practices, parents have to impart health education and ensure compliance to various health practices by the younger lot.
- **Cultural transmission:** A family while guaranteeing biological continuity also serves as an instrument of cultural transmission. It is a vehicle for transmitting various values, ideas, customs, traditions and beliefs existing in the family.

Recent Trends in Indian Family System

A family is the most basic and important unit in any society. It provides nurturance, emotional bonding and socialization. India has a rich family structure with a patrilineal background which helps the family members sustain life with kinships groupings.

In the past years, members of joint families were found to work, worship, co-operate and eat together. 'Karta', the head of the family took all the major decisions and was responsible for the wellbeing of its members. The family assets were mostly ancestral and in the nature of common pool. All the working members contributed towards the common pool and the concept of co-existence and sharing of responsibilities and utilities played a key role in the development process.

However, urbanization, industrialization and commercialization of the economy brought a radical change in the social fabric of our country. It resulted in the gradual disintegration of the joint family system and emergence of the nuclear family system. It was mostly to build financial stability and make the children academically competent and independent. The family concept in the Indian context suffered many more alterations and deviations. Some of the deviations are as follows:

- Equal work participation
- Change in authority
- More instances of late marriages
- Increasing separation and divorce rates
- Increase in domestic violence
- More number of inter-generational conflicts
- Rise in incidence of unwed mothers
- More number of live-in relationships
- More people remaining unmarried
- Advent of childless families
- Rise in number of single parent families
- Incidence of female headed households
- More number of dual earner and adoptive families

All these fluctuations in the family structure indicate the inability of individuals to cope with the pressures of modern life. Factors responsible for change in the Indian family structure are **(Figure 4.5)**:

- **Industrialization:** It resulted in migration of rural population to urban areas in search for better income opportunities.
- **Urbanization:** Faster growth rate of urban population in the recent decades encouraged the evolution of independent family units thereby weakening the joint family system.

JAYPEE BROTHERS



Figure 4.5: Factors responsible for change in Indian family structure

- **Education:** It brought changes in attitudes, beliefs and values of individuals. Increased educational opportunities and occupational choices allowed individuals to move from agriculture-based occupation to non-agricultural, industrial or service based occupations. This led to relocation and setting up of small homes with spouse and children in urban centers.
- **Enlightenment of women:** Education provided greater job opportunities to women and with it came a sense of independence. They became more conscious of their rights and began competing with men in all fields. Women began seeking greater freedom and preferred to settle down in cities nearer to their work place leading to gradual disintegration of the joint family system.
- **Impact of western culture:** Influence of western culture on the present generation had a negative impact on the age-old traditional values and beliefs. They adversely affected the joint family system and brought permanent changes to the family structure.
- **Decline in agriculture:** Reduction in agricultural output due to climate changes and population explosion put undue pressure on both agricultural and residential land. The poor and the unemployed moved away from their families and ancestral homes to cities in search for livelihood.

JAYPEE BROTHERS

- **Fertility variation:** Factors such as declining fertility rates, increased age at first birth, lower economic contribution by children to families, need for lesser number of children due to diminished agricultural activities emphasized on better quality of life rather than the number of children.
- **Change in age of marriage:** Postponement of marriage, increase in the proportion of never-married young adults resulted in reduction in family size.
- **Commercialization of economy:** Poverty and economic difficulties compelled the rural folk to migrate to urban areas bringing a marked change in the joint family structure.
- **Other factors:** Factors such as low levels of income, high cost of living, desire for luxurious life, increased cost of education, etc., led to evolution of the nuclear family system which has now become the new family model.

MARRIAGE

Marriage is a time-tested social institution established and nurtured by the human society. It marks the beginning of a family and a life-long commitment towards their partner in facing challenges, excitements, disappointments, surprises and uncertainties. It widens the horizons for each partner and provides a meaning for their existence. Marriage is an opportunity to be selfless and forge spiritual and emotional bonds. In short it provides oneness and brings a higher purpose to life.

It is considered as a cultural universal as it exists in some form or the other in all societies. Being a social construct, the cultural norms and expectations determine what constitutes a marriage, who can marry whom and what role each spouse takes after a marriage. It is closely associated with the concept of family.

Definitions

- Marriage is a socially approved way of establishing a family of procreation.
  —Gillin and Gillin
- Marriage is rooted in the family rather than the family in the marriage. It is an institution of society with different purpose, functions and forms in different societies but is present everywhere as an institution. **—Westermarck**
- Marriage is a contract for the production and maintenance of children.
  —Malinowski
- Marriage is a relatively permanent bond between permissible mates.
  —Robert H Lowie

FORMS OF MARRIAGE

Marriage is an important social institution with many obligations and privileges attached to it. The most important step in a marriage being the choice of partners, each society has its own pattern of guiding the marriages. Though there is no set standard laid down for choosing a partner each society has evolved its own rules for their selection. Various forms of marriage are **(Figure 4.6)**:

- **Monogamy:** It is a form of marriage wherein the man remains in marriage with a single woman at a time. He or she remarries another person in the event of a divorce or death of the partner. It is the most common form of marriage prevalent in the world today.
- **Polygamy:** It is defined as a marriage between one person and two or more spouses simultaneously. This form of marriage is permitted in some religions and

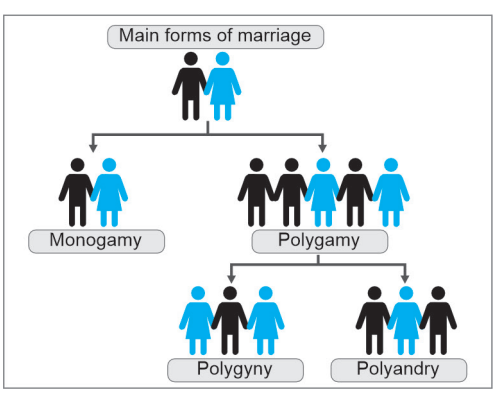

Figure 4.6: Forms of marriage

JAYPEE BROTHERS

tribes. It is the second most common form of marriage. It exists in two main forms:

- *Polygyny*: It refers to the marriage between a man and multiple women.
  - Sororal polygyny: It refers to the marriage between a man and women who invariably are sisters. The practice of several sisters simultaneously being the spouses of the same man is called 'sororate'. It is derived from the Latin word *'soror'* meaning sister.
  - Non-sororal polygyny: It refers to the marriage between a man and women who are not related as sisters. Such form of marriage is practiced for social, economic and political reasons.
- *Polyandry*: It refers to the marriage between a woman and multiple men.
  - Fraternal polyandry: It refers to the marriage between a woman and multiple men who are brothers. This form of marriage is practiced in the *Khas* tribes of Uttaranchal.
  - Non-fraternal polyandry: It refers to the marriage between a woman and multiple men who are not brothers. This form of marriage is prevalent among the Nair caste in Kerala.

- **Other forms of marriage**
  - *Endogamous*: Also called in-marriage, it is the custom of restricting the marriage within one's own group, range or relationship.
  - *Exogamous*: A rule of marriage where one must marry outside his own group is called exogamous marriage.
  - *Inter-caste marriage*: A family characterized by the union of a man and woman belonging to two different castes.
  - *Child marriage*: It is the practice of getting children married before they attain their puberty.

SOCIAL CUSTOMS RELATED TO MARRIAGE

A few facts on social customs related to marriage in India are:

- In India, marriage is considered an important social institution approved and permitted by custom and law.
- In all communities' marriage is regarded as an essential obligation which is deemed necessary for everyone. It evokes social obligation, kinship bond, traditional value, sentiment and economic resources.
- Only a tiny fraction of men and women stay unmarried in India as the parent's attitude is to get them married off and free themselves of responsibility. Girls are brought up with a belief that, it is woman's destiny to get married, married state is desirable and that motherhood needs to be celebrated.
- For Hindus, marriage is "a religious sacrament in which a man and a woman are bound in a permanent relationship for the physical, social and spiritual need of dharma, procreation and sexual pleasure." It is a union for life that cannot be dissolved.
- The basic rituals in Hindu marriage are: *Kanyadan* (giving off of the bride to the groom by her father), *panigrahana* (clasping of the bride's hand by the groom), *agniparinaya* (going around the sacred fire by the bride and the groom), *saptapadi* (walking seven steps by the bride and the groom) and groom tying a *tali* to the bride's neck. *Tali* signifies married state of Hindu women in south India.
- Marriage marks the beginning of a life partnership between the two people involved. In Hindu custom, marriage establishes the primacy and superiority of the male counterpart. The rituals are such that the bride is urged to follow the husband, act according to his wishes and remain steadfast in loyalty and love.

JAYPEE BROTHERS

- Marriage customs in Jain and Sikh communities are similar to those in Hindus. The Sikh marriage ceremony '*Anand Karaj*' is one of stages outlined with specific sentiments and ceremonies for Sikhs. It is solemnized in the presence of the Guru Granth Sahib, the holy book of Sikhs. The key ceremony consists of the bridal couple going around the holy book four times. No particular period or season is designated for marriages in the Sikh community.
- Muslim marriage is not a sacrament but a contract which can be terminated. The essential ceremony of Muslim marriage is known as the '*nikha*'. It is considered to be complete only when the consent of both the groom and bride has been obtained. The formal marriage document known as '*nikhanama*' bears the signatures of the couple.
- In most communities rituals such as smearing of turmeric (*Haldi*), applying *mehndi*, etc. are commonly followed.
- Ring exchange is an important ritual in Christian marriages. It is usually solemnized in a church.
- Wedding processions and feasts are a common feature in most communities. However, the scale of celebrations is linked to the socio-economic status of the two families involved.
- Marriage in most cases involves material as well as non-material transactions between the families of the bride and the groom. The two types of material wealth transfers associated with marriage are bride price and dowry.
  1. *Bride price:* A payment in cash or kind to the bride's father by the groom's father.
  2. *Dowry:* It refers to a gift of substantial monetary value given by the bride's side to the future spouse upon marriage.
- The widower usually has a right to remarry.
- In most of the Hindu castes, widow remarriage has been customarily sanctioned and practiced. Among Muslims, Christians and Parsis too widow remarriage is permitted.
- Sati practice, the practice of widow burning on her husband's funeral pyre is still prevalent in some communities. Respect is paid to such women who end their lives as a mark of devotion to their husbands. In early 19th century reformers like Vidyasagar opposed the practice of sati and exploitation of widows.
- In 1856, the Hindu Widow Remarriage Act legalized the marriage of widows of all castes.
- In some societies widows are still regarded as inauspicious. They are not expected or permitted to take part in certain religious and social functions.
- In India, marriage is viewed as a once in a lifetime event. Most often marriages are arranged by parents as they consider it a responsibility to get their children married.
- For most Indian women marriage is essential as it provides economic support, social dignity and security.
- After marriage the wife moves to her husband's home where she is expected to be submissive and respectful towards her husband, his relatives and accept the prevailing norms. She visits her parents' only as a guest.
- The goals of marriage are undergoing a rapid change and being rewritten especially by the urban and educated sections of the society.
- The age-old concept of a large family is being replaced by small family norms.
- Marriage in the past years though was intended for procreation purposes, it now stands for self-fulfillment or societal welfare.

IMPORTANCE OF MARRIAGE

Ancient scriptures regard marriage as a socioreligious obligation meant to achieve three important aims of life: *dharma* (duty), *rati* (sexual pleasure) and *praja* (projeny). Marriage is more than a physical union; it is also a spiritual and emotional union. It dictates

JAYPEE BROTHERS

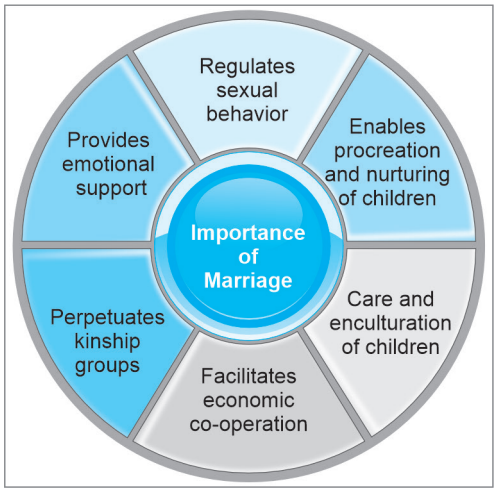

Figure 4.7: Importance of marriage

the roles that spouses play in each other's lives, in the family and in the society **(Figure 4.7)**.

- **To regulate sexual behavior:** Marriage is regarded as a stable and enduring arrangement typically meant to regulate sexual behavior. It reduces sexual competition and the negative effects associated with it. It also puts restrictions on premarital and extramarital sexual relations.
- **To enable procreation and nurturing of children:** Marriage legitimizes production of offsprings by socially establishing their birthrights. It lets everyone know who is responsible for bringing them up as per societal norms.
- **To care for and enculture children:** Children learn their gender roles and cultural norms required to participate in communal and cultural practices through experience, observation and instruction.
- **To facilitate economic co-operation:** Marriage provides a framework within which both husband and wife take collective responsibility in meeting the economic needs of family and children.
- **To perpetuate kinship groups:** In addition to providing economic co-operation, marriage in a legitimate sense lets people know about inheritance.
- **To provide emotional support:** Marriage provides companionship and emotional support to both the spouses. It allows them to achieve much more than what they would have, if they were alone.

FUNCTIONS OF MARRIAGE

Individuals marry for several reasons including legal, social, libidinal, emotional, financial, spiritual and religious purposes. Major functions of marriage can be discussed under the sub-headings: biological, economic, social and educational functions **(Figure 4.8)**.

Biological Functions

Regulates Sexual Behavior

- Sex is one of the basic needs of a human individual. It is through the bond of marriage that mating, reproduction and

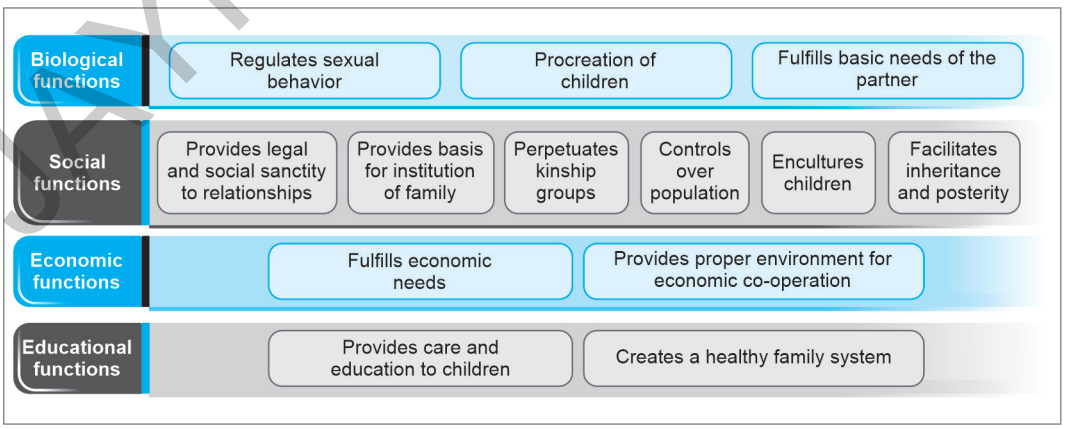

Figure 4.8: Functions of marriage

KYPE BROTHERS

child rearing are regulated. It is a means to satisfy the sexual desire of human beings for reproductive process.

- Marriage regulates and socially validates sexual relations between males and females. It assists in reducing sexual competition and the adverse effects associated with sexual conflict.

Procreation of Children

- Like other species, human beings must mate in order to reproduce themselves.
- It is through reproduction that human species are replicated. This requires a stable union between male and female. Thus, marriage serves as a biological function.
- Marriage helps cultural groups to have a measure of control over population growth by providing proscribed rules about when it is appropriate to have children.

Fulfills Basic Needs of the Partner

- Marriage provides a well-defined framework in which people's basic needs such as food, shelter, clothing and safety are met.
- Marriage also ensures psychological satisfaction of having children.

Social Functions

Provides Legal and Social Sanctity to Relationships

- Marriage provides social sanction for a man and woman to live together.
- It allows the couple to stay together and lead a sound religious, economic and cultural life.
- Marital relationship is guided by the law of the land. Depending upon the society to which the couple belong to, marriage may require religious and civil approval.
- Marriage is not only a relationship between a man and woman but also a relationship between their respective families.
- Continuity of the society is ensured through marriage and family.

Provides Basis for Institution of Family

- Marriage is a base for entry into family life. Procreation of children, their upbringing and nourishment take place within the family.
- Marriage while satisfies both biological and psychological needs, it also safeguards morality and ethics of the society.
- Marriage often creates unity by bringing together people from different social backgrounds.

Perpetuates Kinship Groups

- Marriage helps to socially identify children by defining kinship bonds to a mother, father and other extended relatives in most societies.
- Marriage in a legitimate sense lets people know about inheritance.
- Through marriage new relationships are acquired because spouse's relatives are added to one's own group of kin.
- Institution of marriage formulates person to person relationship and links one's kin group to another kin group. It helps to widen the web of social relations.

Controls Over Population

- Marriage helps all the cultural bodies to have a magnitude of control over population.
- It extends to provide dictated rules about when it is the right time to give birth to children.

Encultures Children

- The institution of marriage enables the society to assign to parents their responsibility of socializing the child by transferring social customs and social regulations.
- Within the umbrella of marriage, children begin to learn their gender roles and other cultural norms.
- Marriage legitimizes children by socially establishing their birthrights.
- It designates as a legitimate institution for providing care and guidance to children

JAYPEE BROTHERS

and make them responsible citizens of the society.

Facilitates Inheritance and Posterity

- It serves for transferring, preserving or consolidating property, prestige and power to the next generation.
- Marriage is a legitimate test that lets people know about inheritance and posterity.
- A child born out of marriage is the legal heir for property of both families.

Economic Function

Fulfills Economic Needs

- Marriage between a man and a woman creates a family wherein both the members share labor so as to satisfy the economic needs of the family as a whole.
- Both the man and woman through the institution of marriage remain engaged in economic activities for the upliftment of the family.
- Through marriage people know for whom they are economically and socially responsible.
- It provides economic security to women.
- It establishes joint fund for the family.

Provides Proper Environment for Economic Co-operation

- It is not possible for human beings to organize livelihood single-handedly.
- The institution of marriage solves the problem of work load among the members of the family by encouraging division of labor and bringing in economic co-operation between man and woman.

Educational Function

Provides Care and Guidance to Children

- Marriage serves as an institution for providing proper care and guidance to children.
- It provides a suitable environment for children's education so as to make them productive members of the society.

Creates a Healthy Family System

- The institution of marriage educates the young to be responsible future parents and pass their culture from one generation to another.
- Marriage thus performs the most sacred biological function that gives rise to the family system.

LEGISLATION ON INDIAN MARRIAGE AND FAMILY

Legislation is a law or set of laws suggested by a government and made official by the parliament. It is a conscious attempt to bring about reforms in response to the changing conditions of a society.

Due to diverse cultures in India, it became difficult for the framers of law to lay down a due process for registration and solemnization of marriage. Legislations pertaining to family and marriage were drawn to include all legal matters related to inheritance, adoption, marriage, divorce, dowry, etc. Also practicing of many different religions like Hinduism, Islam, Christianity, Jainism and Buddhism in our country made it obligatory to draw legislations based on their religious texts **(Figure 4.9)**.

- **For Hindus:** The Hindu Marriage Act, 1955
- **For Christians:** The Indian Christian Marriage Act, 1872 and Divorce Act, 1869
- **For Muslims:** Muslim Personal Law (Shariat) Application Act, 1937 and Dissolution of Muslim Marriages Act, 1939
- **For Parsis:** Parsi Marriage and Divorce Act, 1869
- **For all religions:** Special Marriage Act, 1954 .

The Hindu Marriage Act, 1955

This law puts forth certain conditions that need to be complied with for a marriage to be valid in India. This law extends to the whole of India and is applicable to any person who is a Hindu, Buddhist, Jain or Sikh by religion. Once married the couple needs to register their marriage in the office of the concerned sub-registrar.

JAYPEE BROTHERS

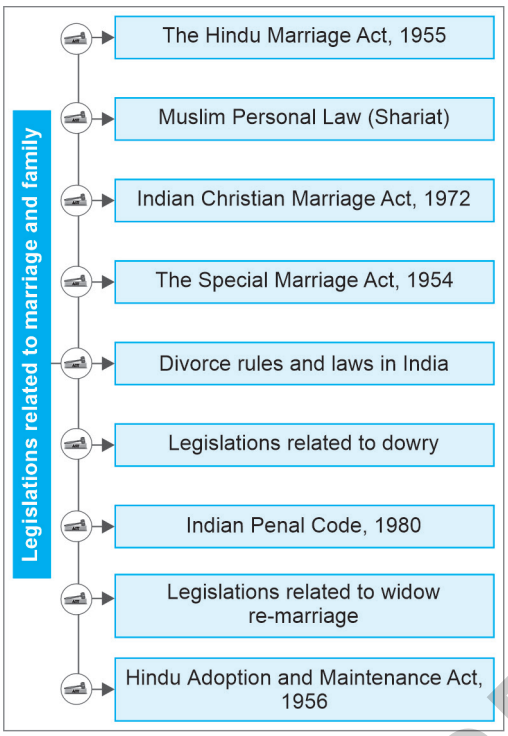

Figure 4.9: Legislations related to marriage and family

The law requires the marriage to be solemnized in accordance with the customary rites and ceremonies of either party thereto. Where such rites and ceremonies include the *Saptapadi* (i.e., taking seven steps by the bridegroom and bride jointly around the sacred fire) and tying of the *taali* (mangalsutra), the marriage becomes complete and binding.

It requires strict monogamy to be followed, i.e., marriage with only one person at a time. If an already married person enters into a second marriage with the first spouse not being divorced or deceased, then such conduct is a punishable offence. The second marriage will also be deemed unlawful.

A marriage is solemnized between any two Hindus upon fulfilment of the following conditions:

- Neither party has a spouse living at the time of marriage.
- Neither party is incapable of giving a valid consent to it in consequence of unsoundness of mind.
- Though capable of giving a valid consent, has been suffering from mental disorder of such kind or to such an extent as to be unfit for marriage and procreation of children.
- Has been subject to recurrent attacks of insanity.
- The bridegroom has attained an age of 21 years and the bride an age of 18 years at the time of marriage.
- The parties are not within the degrees of prohibited relationship, unless the custom or usage governing each of them permits of a marriage between the two.
- The parties are not sapindas of each other, unless the custom or usage governing each of them permits of a marriage between the two (someone who is within or has a common ancestor relative within three generations above himself on the mother's side of the family or a common ancestor relative within five generations above himself on the father's side of the family).

The Muslim Personal Law (Shariat)

The Muslim Personal Law (Shariat) Application Act, 1937 applies to all Muslims in India. It deals with marriage, dissolution of marriage including talaq, ila, zihar, lian, khula and mubaraat, maintenance, dower guardianship, gifts, trusts and trust properties, and wakfs, intestate succession, special property of females including personal property inherited or obtained under contract or gift. The Dissolution of Muslim Marriages Act, 1939 deals with the circumstances in which Muslim women can obtain divorce and rights of Muslim women who have been divorced by their husbands and to provide for related matters. However, these laws are not applicable to Muslims married under the Special Marriage Act, 1954.

- Rules of a Muslim marriage are quite distinct from that of a Hindu marriage.
- Muslim marriage is in the nature of a contract where the bride and groom can enter into various agreements as to their matrimonial rights and obligations.

JAYPEE BROTHERS

- A lawful Muslim marriage requires *Nikha*, the groom to make his proposal of marriage. The proposal then needs to be accepted by a relative appointed on behalf of the bride. This is called *Ijab* and *Qubool*.
- Usually the marriage is officiated by religious judges or *Qazis*.
- Furthermore the bride and groom are also required to be mentally fit and should not be related to each other as against the rules of consanguinity and affinity.
- A Muslim male can marry a non-Muslim woman, where as a Muslim woman cannot marry a non-Muslim man without conversion.
- Further a Muslim man is allowed to enter into polygamy while the same is prohibited for a Muslim woman.

Indian Christian Marriage Act, 1972

A marriage between persons, one or both of whom is or are a Christian or Christians, shall be solemnized in accordance with the provisions of the Indian Christian Marriage Act, 1972 and any such marriage solemnized otherwise than in accordance with such provisions shall be void. The divorce proceedings of such marriages can be instituted under the Indian Divorce Act, 1869.

- Marriages may be solemnized in India by any person who has received episcopal ordination, provided that the marriage is solemnized according to the rules, rites, ceremonies and customs of the Church of which he is a Minister.
- Marriage may also be solemnized by any person in the presence of a marriage registrar appointed under this act or by any person licensed under this act to grant certificates of marriage between Indian Christians.
- As a general rule, marriage can be solemnized between 6 AM to 7 PM in a Church unless there is no such Church within 5 miles.
- Exceptions are however made in case where a special license permitting a clergyman of the Church is granted.
- The act of a person who solemnizes a marriage beyond these hours and outside the Church in the absence of the witnesses without any special license has been made punishable under Section 69 of the act. The punishment provided is up to 3 years imprisonment.
- The law requires any one party in the marriage (bride or groom) to give the public notice of marriage to the Minister or Registrar solemnizing the marriage. Marriage is required to be registered.
- The bride and groom should have completed the age of 18 and 21 years respectively and should not have already been married.
- The rule of monogamy is followed in Christian marriages.
- The marriage needs to be performed in presence of a minimum two witnesses and the parties are to make a declaration in the standard format.
- The parties should not be forbidden to marry for being close relatives.
- Marriage is also possible where one or both parties are minors if they obtain the consent of the father, mother or guardian.

The Special Marriage Act, 1954

The special marriage laws are applicable to citizens of India irrespective of their religion, caste or culture. Under provisions of the act, people from a different religion, caste or community are allowed to get married subject to fulfilment of certain conditions.

- The age of both bride and groom must be a minimum of 18 and 21 years respectively.
- Both of them must be of sound mind.
- Registration of marriage in India is compulsory to solemnize a marriage under this act.
- Both the bride and groom cannot share common ancestors or be blood relatives. In accordance to the act there are 37 relations forbidden in which no wedding can be performed between them.

JAYPEE BROTHERS

Divorce Rules and Laws in India

Divorce is the legal dissolution of marriage.

- All Hindus as well as Buddhists, Sikhs and Jains can seek divorce under the Hindu Marriage Act, 1955 according to the divorce laws in India. It is also applicable to every person who is domiciled in the territory of India and who is not a Parsi, Christian, Muslim or Jew by religion.
- Muslim women seeking divorce can obtain it through the provisions of Dissolution of Muslim Marriages Act, 1939.
- Any person who professes the Christian religion can seek divorce under the provisions of The Indian Divorce Act, 1869.
- Spouses belonging to different communities and castes can seek divorce under the Special Marriage Act, 1956.
- Divorce under Hindu law can be classified into: mutual divorce and contested divorce.
  - *Mutual divorce:* Under the Hindu Marriage Act, mutual divorce is governed by section 13B. The two requirements for filing a mutual divorce are mutual consent and a 6 month 'cool off' or waiting period after the filing of the divorce petition before the matter proceeds. The purpose of having the cooling-off period is to provide the couple one last chance for reconciliation and safeguard them from a hurried decision. Both the parties predetermine issues relating to maintenance/alimony, child custody and property division or any other pending issues between the couple. (Alimony is the financial assistance provided by the husband/wife to his/her spouse in the form of a lumpsum payment or payment in intervals which can either be permanent or temporary).
  - *Contested divorce:* Under the Hindu Marriage Act, contested divorce is governed by Section 13. It provides grounds for filing a contested divorce which includes adultery, cruelty, desertion, religion conversion, mental disorder, communicable diseases and leprosy, renunciation of the world, presumptive death (spouse has not been heard of as being alive for a period of at least 7 years).
  - *Void marriages:* Grounds which shall render a marriage void or the court shall deem it to be illegal are: bigamy, persons falling within degree of prohibited relationships, sapinda relationships, etc.
  - Three other grounds of divorce available only to the wife are:
    1. Husband has been guilty of rape, sodomy or bestiality.
    2. Wife was married before the age of fifteen.
    3. A decree or order has been given by court awarding maintenance to the wife and they have not been living together for more than 1 year.
- Two processes to seek a divorce under Muslim law in India are:
  1. *Judicial process:* Section 2 of the Dissolution of Muslim Marriages Act, 1939 specifies the following grounds on which the Muslim women can seek a divorce in India.
     - The whereabouts of the husband have not been known for at least 4 years.
     - The husband has failed to provide maintenance for at least 2 years.
     - The husband has been sentenced to imprisonment for at least 7 years.
     - The husband failed to comply with his marital obligations for at least 3 years without any reasonable cause.
     - The husband was impotent at the time of marriage or suffering from venereal diseases or has been of unsound mind for at least 2 years.
     - The husband treated his wife with cruelty or was married before the age of fifteen.

JAYPEE BROTHERS

2. *Extra-judicial process:* Divorce by the extra-judicial:
   - Divorce by husband: Talaq-e-Sunnat, Ila, Zihar
   - Divorce by wife: Talaq-i-Tafweez, Lian
   - Divorce by mutual consent: Khula, Mubarat
3. *Triple talaq*: Under Section 3 of The Muslim Women (Protection of Rights on Marriage) Act, 2019, triple talaq oral or written or in electronic form shall be considered an illegal and cognizable and non-bailable offence under this act.

❖ Two ways to file a Christian divorce in India under Section 10A of the Indian Divorce Act, 1869.

1. *Mutual divorce*: If the parties mutually agree that they have not been able to live together peacefully and have been living separately for at least 2 years then they can file a petition for dissolution of marriage before the district court.
2. *Contested divorce*: A petition can be filed before the district court either by the husband or wife on the grounds of adultery, being ceased to be a Christian, being of unsound mind for a continuous period of not less than 2 years, suffering from a virulent and incurable form of leprosy for at least 2 years, not been heard of as being alive for a period of 7 years or more, willfully refusing to consummate the marriage, failed to comply with a decree of restitution of conjugal rights for a period of 2 years or more, deserted for at least 2 years, cruelty or husband is guilty of rape, sodomy or bestiality.

Legislations Related to Dowry

Dowry is a widespread practice in India wherein money, goods, valuables or property is given or agreed to be given by the bride's parents to the groom's parents. It is the money, goods or estate that a woman brings to a marriage. Dowry is illegal in India under the Dowry Prohibition Act, 1961.

In 1961, the Government of India passed the Dowry Prohibition Act. In 1984 and again in 1986, the act was amended to make the law stricter and more effective. According to this act the husband and his family can be penalized for demanding dowry.

Dowry Prohibition Act, 1961

This act was passed to prevent the practice of dowry system in India. Both giving and accepting dowry is treated as an offence.

Significant sections under this act:

❖ Section 2 of Dowry Prohibition Act, 1961 states that any security that is valuable or any property transferred from one to another directly or indirectly related to marriage will be considered as a dowry.

❖ Section 3 of the act describes punishment for giving and taking dowry. Punishment for violating the law is 5 years imprisonment plus ₹ 15,000/- fine or the value of dowry given whichever is higher

❖ Under section 4 of the act demanding dowry from either party of marriage is punishable with a jail term of a minimum 6 months to maximum 5 years and a fine up to ₹15,000/-

❖ Section 8 of the act states that the offence is non-bailable and cognizable.

Indian Penal Code, 1980

❖ Section 304 (b) of the Indian Penal Code, 1980 deals with dowry death in India. Under this, if death of a woman is caused by either bodily injury, burn or under unnatural circumstances within 7 years of her marriage and it is proved that she was being harassed by her husband and/or his relatives for dowry, the offender will be punished by imprisonment for a minimum 7 years and maximum life imprisonment.

❖ Section 306 of Indian Penal Code, 1980 deals with abetting suicide of a person. It includes cases where a woman's husband and his relatives create circumstances leading to her suicide. If this happens within seven years of marriage, it is considered as abetment of suicide for dowry.

JAYPEE BROTHERS

LEGISLATIONS RELATED TO WIDOW REMARRIAGE

The Hindu Widows' Remarriage Act, 1856

- The enactment of Hindu Widow Remarriage Act, 1856 was a major social reform to improve the condition of widows in India.
- As per the law "No marriage contracted between Hindus shall be invalid, and the issue of no such marriage shall be illegitimate, by reason of the woman having been previously married or betrothed to another person who was dead at the time of such marriage, any custom and any interpretation of Hindu Law to the contrary notwithstanding".
- The law also held that widows who remarry were entitled to all the rights and inheritances that a woman who marries for the first time would have.
- The Act also provides legal protection to men who married widows.

Hindu Adoption and Maintenance Act, 1956

This act deals with topics such as requisites of a valid adoption, capacity to adopt, capacity to give in adoption, effect of adoption, gender bias, etc.

- **Capacity to adoption:** In this act it is said that any adult Hindu male who is of sound mind can adopt a child. If the said man is married, consent of his wife is necessary. Likewise, a female adult Hindu of sound mind could adopt a child if she is unmarried, divorced, widowed or her husband suffers from certain disability.
- **Capacity to give in adoption:** Section 9 of this act states that only the father, the mother or the guardian can make the decision of giving a child in adoption.
- **Effect of adoption:** An adopted child shall be deemed to be the child of his or her adoptive father or mother for all purposes from the date of adoption. From such date all the ties of the child with his or her family of birth shall be deemed to be severed and replaced by those created by adoption in the adoptive family. All the rights and obligations of natural born children fall on him.

INFLUENCE OF MARRIAGE AND FAMILY ON HEALTH AND HEALTH PRACTICES

A family comprises of group of individuals who provide physical, emotional and economic support to each other. It is an important social institution that performs several important functions to preserve and maintain health of an individual. It is a place where individuals are born, nurtured, socialized and behaviors shaped. It provides care and resources for growth and development, influences healthy behaviors, facilitates recovery from illness and improves wellbeing of individuals.

Factors Influencing Health of Individuals in a Family

Living in a healthy family is an important dimension of wellness. Various factors influencing health of individuals in a family are presented in **Figure 4.10**.

- **Social relationships:** Supportive family relations such as sense of belongingness and connectedness, trust and respect among family members impacts health positively. Good social relationships among family members have been demonstrated to decrease the likelihood of onset of chronic illness, disability, mental illnesses and death.
- **Supportive family:** A well-knit and caring family provides both economic and emotional support leading to positive health outcomes among children. Supportive parenting with proper supervision can improve resilience among children, prevent smoking, alcohol and drug abuse, delayed sexual initiation, reduce the incidence of teenage pregnancies, HIV and other sexual diseases. These factors function as a protective gear against morbidity and mortality risks. Also studies

JAYPEE BROTHERS

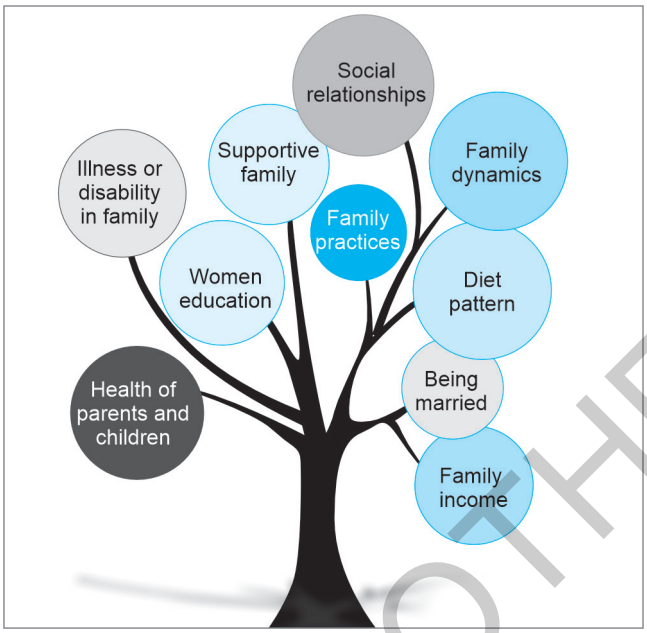

Figure 4.10: Factors influencing health of individuals in a family

have shown that those reporting higher level of support from relatives and friends exhibit lower heart rate, systolic blood pressure, serum cholesterol level and high immunity function.

- **Family practices:** Genetic disorders and inherited conditions are shared through family lifestyles, values and activities. The chance of suffering from diseases that transmit through families increases when marriages are held among close relatives. Children's cognitive, social and emotional development is determined by family conditions which subsequently influence health. Habits like oral health, bathing, other personal hygiene practices, cooking, eating pattern, exercise and other lifestyle practices learnt at home may remain unchanged throughout their lifetime. These habits have profound effect on health.
- **Women education:** Women are the major coordinators of care and link to the health care system for their families. Their level of education especially that of the mother has been recognized as one of the most important factors in maintaining health of the family. Her role is affected by social status, education, employment and cultural practices. They play a key role in ensuring access to healthcare for their children by contributing directly to the nutrition of their families through production, processing and selection of foods for family consumption.
- **Diet pattern:** Family environment plays an important role in the development of child's eating pattern and diet quality. Families shape eating behaviors of children from conception to adolescence. It teaches what to eat, how to eat, when and with whom to eat. Research evidence has shown that weight, body mass index and eating behaviors are greatly influenced by their parents and family.
- **Family income:** The level of family income directly relates to health. While affluent people can afford nutritious meals, health insurance and wellness programs, wealthier families can afford better medical care and healthier lifestyle for protecting and improving health. Families sustaining on low income face higher rates of food insecurity. Low-income status is

JAYPEE BROTHERS

associated with adverse health outcomes such as shorter life expectancy, higher infant mortality and greater number of deaths due to communicable and non-communicable diseases. Family income often presents a barrier to healthy eating with children in lower socioeconomic groups eating fewer fruits and vegetables and having higher intake of fat compared to children in relatively higher socio-economic groups.

- **Illness or disability in family:** Chronic or serious diseases affect not only an individual but also his entire family. Illness of one family member disrupts the whole family as each family member plays a specific role. When a family member becomes ill, other family members must alter their lifestyle and take on some additional responsibilities which adversely affects their own role functioning.
- **Health of parents and children:** Health of both parents and children are inter-connected. Health condition of children can have an impact on the health of parents. It can also be true the other way around. In certain circumstances both parents and children may experience similar health conditions. For example, mental illnesses, diabetes, heart ailments, etc.
- **Family dynamics:** Family dynamics (marital relationships, intra family power relations) have both positive and negative consequences on health. Stress and conflict in family life can have an adverse effect on the health of family members too.
- **Being married:**
  - Marriage plays a protective role on health as married individuals favor healthier way of life, avoid risky behaviors such as heavy drinking and high fat diets, opt for regular health checkups, more likely to see a doctor for checkups and screening, and seek prompt treatment. It is also associated with psychological wellbeing and low mortality. These benefits are however strongly dependent on the quality of marital relationship and conjugal harmony.
  - Marriage is thought to protect well-being by providing companionship, emotional support and economic security.

Effects of Marriage on Health

Marriage has an impact on health of both men and women to a great extent. This effect may be positive or negative **(Figure 4.11)**.

Positive Effects of Happy Marriage on Health

Marriage is associated with following healthier behaviors:

- **Improves physical health:**
  - Married people live longer and enjoy better physical and mental health compared to their unmarried counter-parts.
  - Wives at home cook low cholesterol meals and encourage healthier lifestyle.
  - Marriage may improve physical health by aiding early detection and treatment for diseases.
  - Married people are more likely to see the doctor for check-ups, screening and early detection of diseases compared to unmarried people with similar symptoms.

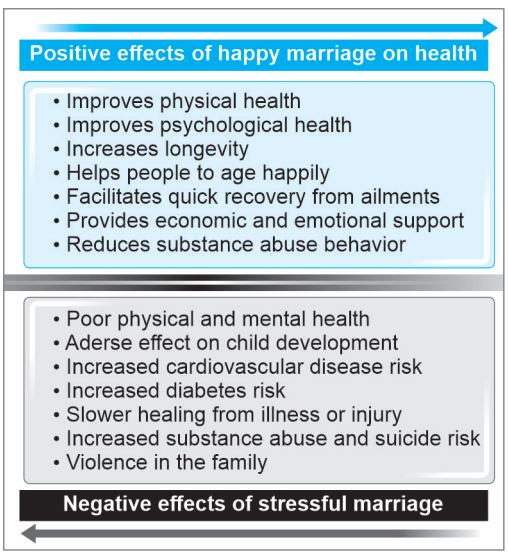

Figure 4.11: Marriage: Positive and negative effects

JAYPEE BROTHERS

- **Improves psychological health:**
  - A stable marriage provides a secure, coherent, regulated and healthy environment. It is associated with improved psychological health and wellbeing.
  - Marriage may also provide an emotionally fulfilling, intimate relationship, satisfying the need for social connection, which could have implications for both physical and mental health.
  - Married people have less incidence of depression. It was observed that unmarried people have higher levels of depression, anxiety and other forms of psychological distress than married people.
- **Increases longevity:**
  - There is a positive relationship between being married and health in both young and old, which is consistent across different cultures and countries.
  - Due to better general health and better lifestyle choices, survival of happily married couples can be longer than those who are either unhappily married or single.
  - A loving couple who bring out the best in each other usually enjoy a long and fruitful life.
- **Helps people to age happily:**
  - Happily married couples do not have much insecurity about ageing as unmarried people do.
- **Facilitates quick recovery from ailments:**
  - A positive effect of marriage is that one always has the support from his/her spouse which improves the physical health in several ways.
  - Couples in happy relationship recover quickly from ailments as they have their partners by their side to consult the doctor, give medicines, take care of them and provide emotional support.
- **Provides economic and emotional support:**
  - It may result in two incomes, as well as economies of scale, improving economic well-being. Having more income could in turn improve health outcomes by enhancing access to health care or lowering stress.
  - As married people live together with their children, their privileges and obligations revolve around the home and family. Marriage is thus advantageous for both the partners.
  - Both men and women gain economical and emotional support from each other.
- **Reduces substance abuse behavior:**
  - A happy marriage not only reduces heavy drinking but also overall consumption of alcohol, drug taking behavior and smoking.
  - Married people are less likely to drink heavily, get into fights and practice risky behaviors as they feel the need to be more careful and responsible.
  - Wives in particular discourage smoking and heavy drinking at home.

Negative Effects of Stressful Marriage on Health

Negative effects may be due to broken family, conflict, strained and stressful marriage.

- **Poor physical and mental health:**
  - Chronic stress and anxiety in a marriage can affect the immune system of both men and women as the germ fighting cells in the body are inhibited. This makes one more vulnerable to diseases and infections.
  - Unhappy marriages can result in poor physical and mental health among married couple when compared to that in unmarried persons.
  - Unsupportive, neglectful and violent environments are strongly associated with poor physical and mental health.
- **Adverse effect on child development:**
  - Marriages marked by conflict, anger and aggression exhibit negative effects on children. Issues such as physical abuse and neglect portray immediate threat to health of children.

JAYPEE BROTHERS

- Children brought up in disturbed family environments are more likely to exhibit risky behaviors such as smoking, alcohol abuse and drug abuse.
- Violent, abusing and quarreling parents are associated with physical and mental health problems in childhood which can have lasting effects in their adult life too.

- **Increased cardiovascular disease risk:**
  - Body changes after marriage and increased body mass indexes contribute to the risk of heart disease.
  - People in stressful or unsatisfied marriages seem to be particularly prone to heart disease.
  - Women who are unhappily married seem to be especially affected with cardiovascular diseases.
  - This may be due to women's tendency to internalize their anxiety and stress which takes a toll on their body and heart over a prolonged period.
  - Compared to married people, the divorced and widowed persons have a higher mortality rate due to cardiovascular disorders, strokes, pneumonia, cirrhosis of liver, road traffic accidents and suicides, etc.
- **Increased diabetes risk:**
  - Prolonged periods of psychological stress or unresolved conflicts can result in increased risk of developing type 2 diabetes.
  - People who are in a stressful situation may also tend to exercise less and neglect good eating habits.
- **Slower healing from illness or injury:** If there has been a surgery or an accident, recovery time for the person in stressful and unhappy marriage would generally be longer than for someone who has a loving spouse to take care of and encourage the healing process.
- **Increased substance abuse and suicide risk:**
  - For those entangled in an unhappy or abusive marriage the temptation to indulge in harmful habits can be overwhelming. This can be an attempt to alleviate the emotional pain of the failing marriage by taking drugs, smoking or drinking alcohol.
  - In extreme cases, suicide may even seem to be an option or a means of escape from an unhappy marriage.
- **Violence in the family:**
  - Violence in marriage affects victim's health. Victims of violence are mostly women who suffer from chronic pain, psychosomatic symptoms, gastrointestinal disorders and other health problems.
  - Psychological abuse may cause anxiety, depression post-traumatic stress disorder, etc.
  - Substance abuse is also very common among the victims of violence.

Advantages and disadvantages of marriage depend upon how happy or strained marriage one is having.

Characteristics of a Healthy Family

- A sense of belonging, commitment and connectedness among members
- Shared responsibilities, working together
- A sense of trust and respect
- Spending time together, sharing rituals and traditions
- Flexibility in dealing issues
- Ability to deal with stress and openness to change
- Respect for privacy of individual members
- Positive and effective communication
- Ability to compromise and disagree
- Appreciation and affection for each other
- Responding to the needs and interests of all members
- Health promoting lifestyle of individuals members

Significance to Nursing

A patient cannot be understood solely as a biological organism. His/her health is influenced by many psychological and social factors among which family has a powerful influence. An understanding of family

JAYPEE BROTHERS

structure and its dynamics is important for a nurse for the following reasons:

- There is a greater possibility of spreading infectious diseases among family members.
- Each family reacts to illness in a unique way. While some families place a high priority on health promotion, others tend to respond to health issues only in times of serious illness. Some encourage risk taking behaviors while others emphasize caution in new situations.
- Sometimes family can be a source of disease.
- Unfulfilled and unresolved conflicts in the family can be a source of stress among family members.
- Family plays a significant role in maintaining health of its members.
- Disease affects not only the individual but also his family relationships.

Because of the perceived importance of families in maintaining health and wellness, teaching of family dynamics to nursing students is all that more essential.



Synopsis

- Family is a close knit group of people related one another by a blood bond or a legal bond.
- The general features of family are: Meaningful relationship, form of marriage, system of nomenclature, economic provision, common habitation.
- Distinctive features of a family are: Universality, formative influence, emotional bonding, limited size, nuclear position, members responsibilities, social regulations, permanent and temporary in nature.
- Food, water, clothing, housing, good health, safety, security, education, affection, communication, rules and regulations are basic needs of a family.
- Nuclear family is more common in modern day societies.
- Essential functions of a family are: Satisfaction of sexual needs, procreation and rearing of children, provision of home, socialization, affectional function.
- Non-essential functions of a family are: Fulfilling economic needs, providing education and religious training, hub for recreational activities, providing nutritive diet and cultural transmission.
- Urbanization, industrialization, education, commercialization of the economy brought a radical change in the social fabric of our country. It resulted in emergence of nuclear families.
- Marriage is a socially approved way of establishing a family of procreation.
- Various forms of marriage are monogamy, polygamy, polygyny, polyandry.
- Other forms of marriage are endogamous, exogamous, inter-caste marriage and child marriage.
- The basic rituals in a Hindu marriage are *kanyadan, panigrahana, agniparinaya, saptapadi* and *tali*.
- The basic rituals in a Muslim marriage are *nikahnama* and *haldi*.
- Ring exchange is an important ritual in Christian marriage.
- Other customs of marriage include bride price and dowry.
- Legislations on Indian marriage and family include: The Hindu Marriage Act, Muslim personal law, Indian Christian Marriage Act, the special Marriage Act, Divorce rules and laws in India, Legislations related to dowry, Legislations related to widow remarriage, Hindu Adoption and Maintenance Act.
- Living in a healthy family is an important dimension of wellness.
- An understanding of family structure and its dynamics is important for a nurse.

JAYPEE BROTHERS

Review Questions

Long Essays

1. What is the meaning of family? Describe the various types of family.
2. What is the meaning of family? Describe in detail the various functions of family.
3. Define marriage. Describe the various forms of marriage.
4. Explain social customs related to marriage.
5. Define marriage. Describe the importance of marriage.
6. Explain in detail the influence of marriage and family on health and health practices.
7. Define family. Describe the role of family in health and illness.

Short Essays

1. Write down the characteristics of family.
2. What are the basic needs of family?
3. Describe the various functions of family.
4. Explain recent trends in Indian family system.
5. Describe various legislations related to marriage.
6. The Hindu Marriage Act
7. The Muslim Personal Law
8. Indian Christian Marriage Act, 1972
9. Explain divorce rules and laws in India.
10. Legislations related to dowry.
11. What are the characteristics of healthy family?

Short Answers

1. Meaning of family
2. Define marriage
3. List types of marriage
4. List basic needs of family

Multiple Choice Questions

1. **Marriage within one's own group is known as:**
   a. Endogamy
   b. Exogamy
   c. Inter caste
   d. Polygamy
2. **A rule of marriage where one must marry outside his own group is called:**
   a. Endogamy
   b. Exogamy
   c. Inter caste
   d. Polygamy
3. **According to traditional Hindu law, marriage is a:**
   a. Sacrament
   b. Contract
   c. Regulation of prostitution
   d. Regulation of sexual needs
4. **After marriage if the husband lives in his wife's residence and descent is traced through the mother's side, the system is known as:**
   a. Matriarchal family
   b. Patriarchal family
   c. Orientation family
   d. Patrilocal residence family
5. **After marriage if the wife resides in her husband's house and descent and property are traced through the male line, the system is known as:**
   a. Matriarchal family
   b. Patriarchal family
   c. Orientation family
   d. Extended family
6. **Other term for multigenerational family:**
   a. Joint family
   b. Nuclear family
   c. Extended family
   d. Single family
7. **The system under which men remain in marriage with a single woman at a time is known as:**
   a. Monogamy
   b. Polygamy
   c. Polyandry
   d. Endogamy
8. **Marriage between a man and multiple women is referred to as:**
   a. Monogamy
   b. Polygyny
   c. Polyandry
   d. Sororal polygyny
9. **The practice of several sisters simultaneously being the spouses of the same man is referred to as:**
   a. Monogamy
   b. Polygyny
   c. Polyandry
   d. Sororal polygyny

JAYPEE BROTHERS

10. **The system under which woman can marry more than one husband and keep all of them with herself is known as:**
    a. Polyandrous
    b. Polygamous
    c. Patronymic
    d. Procreation
11. **Which of the following is not a feature of the joint family system?**
    a. In it family size is very large
    b. In it each unit of the family has its own head
    c. In it the head of the family commands high respect
    d. In it all the members have common kitchen
12. **The family in which spouses, their offspring and other relatives through marriage live together is called as:**
    a. Conjugal family
    b. Consanguineous family
    c. Monogamous family
    d. Polyandrous family
13. **A family in which parents, children and siblings with blood relation live together is called as:**
    a. Conjugal family
    b. Consanguineous family
    c. Monogamous family
    d. Polyandrous family
14. **Based on size, family can be classified as:**
    a. Conjugal and consanguine
    b. Matriarchal and patriarchal
    c. Nuclear and joint
    d. Matrilineal and patrilineal
15. **_____ is a form of marriage where the relationship is only with one partner at a time rather than multiple partners.**
    a. Polygynous
    b. Monogamous
    c. Polyandrous
    d. Patrilocal
16. **_____ is the practice of widow burning on her husband's funeral pyre.**
    a. Widower remarriage
    b. Sati
    c. Dowry
    d. Bride price
17. **Under which of the following marriage laws are people from a different religion, caste or community allowed to get married subject to fulfilment of certain conditions?**
    a. The Hindu Marriage Act
    b. The Muslim Marriage Act
    c. The Christian Marriage Act
    d. The Special Marriage Act

ANSWER KEY

1. a	2. b	3. a	4. a	5. b	6. c	7. a	8. a	9. d	10. a
11. b	12. a	13. b	14. c	15. b	16. b	17. d			

JAYPEE BROTHERS

for detailed information on nursing books, visit our website www.jaypeebrothers.com, for detailed information on nursing books, visit our website w

Applied SOCIOLOGY for NURSES

Salient Features

- A comprehensive textbook compiled to meet the requirements as per revised nursing syllabus.
- Written in easy-to-understand language following a lucid style.
- Comprehensively covers all basic principles of sociology with nursing implications.
- Well illustrated with figures, tables and boxes making it reader friendly.
- Question bank provided at the end of each chapter to improve self-evaluation and robustness in various examinations.
- A life-long companion for basic nursing students and all healthcare professionals.
- Serves as a resource material for those taking up examinations and career in Sociology.

R Sreevani PhD (Psychiatric Nursing) is presently working as a Professor and Head, Department of Psychiatric Nursing, Dharwad Institute of Mental Health and Neurosciences (DIMHANS), Dharwad, Karnataka, India. She was awarded PhD in Psychiatric Nursing under National Consortium for PhD in Nursing from Rajiv Gandhi University of Health Sciences, Karnataka. She secured her Masters Degree in Psychiatric Nursing from National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, Karnataka, one of the premier institutions in the country. She has the distinction of graduating from College of Nursing, Kurnool, Andhra Pradesh, India, with top rank and securing 4 Gold Medals instituted by student welfare bodies.

She is a certified Body-Mind-Spirit practitioner from Hong Kong University, Hong Kong. She also has a Postgraduate Diploma in Nutrition and Dietetics Management from Institute for Social Sciences and Research, Vellore, Tamil Nadu, India. Well known for authoring *A Guide to Mental Health and Psychiatric Nursing* and *Applied Psychology for Nurses,* she has also authored *Basics in Nursing Research and Biostatistics, Health/Nursing Informatics and Technology* and many other books published by M/s Jaypee Brothers Medical Publishers, New Delhi. She has published many research articles in national and international journals, organized workshops, presented scientific papers and been a resource person in national and international conferences/workshops. She is also a principal investigator in national and international funding projects.

She is a nominated member of the Central Mental Health Authority under the Mental Healthcare Act, 2017, and also a fellow of the Indian Society of Psychiatric Nurses. She has been conferred with the National Florence Nightingale Award 2015 for her noteworthy contribution to the field of nursing education.

Printed in India

Available at all medical bookstores or buy online at www.ejaypee.com

JAYPEE BROTHERS
Medical Publishers (P) Ltd.
EMCA House, 23/23-B, Ansari Road,
Daryaganj, New Delhi - 110 002, INDIA
www.jaypeebrothers.com

Join us on facebook.com/JaypeeMedicalPublishers
Follow us on instagram.com/JaypeeMedicalPublishers

Scan for more nursing titles...

ISBN 978-93-6616-407-6