

PREDISPOSING FACTORS OF FAMILY CONFLICT AND ELEMENTS FOR COMFORTABLE FAMILY LIFE

**Predisposing factors of family conflict and contributing elements to achieve a
comfortable and sustainable family life**

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ABSTRACT

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In the modern world, the family relationship seems to be vulnerable and it is the human factor that can make a change. It is a huge social problem in developed countries and has been increasing in developing countries as well. Unstable, unsound and imbalance family has not been able to perform its functions to fulfill human requirements to maintain and enhance human health physically and mentally. Wellbeing will be started from family.

I believed a number of social and health problems could be eased through the creating of a conducive family atmosphere. There are some global factors behind this phenomenon such as increasing immigration, industrialization, modernization, globalization that add to the problem, but there is no current research on these issues.

The aims of the research are to: recognize the predisposing factors of family conflict and divorce on the individual level, social level and find out an element that contributes to make a comfortable and sustainable family life. The Study also attempted to discover an idea and way of informing these contributing elements to a society through various models of social services. It is a qualitative research. Explanatory and descriptive methods are used. Data has been collected using questions, interviews and observations. Three married females, three unmarried females and a male were the subjects of this study. Two families were observed having a non-formal conversation. A family therapist was also interviewed. Some information has been adopted from the statistics office of Finland. The study area is Helsinki, Finland.

The findings of the research reveal that individual behavior such as heavy drink alcohol, gambling, dishonest towards partner, oppressive behaviour and others such behaviours are more responsible for the creation of a discomfort atmosphere in a family. However there are many other driving factors behind such a behaviour. The study also disclosed individual level contributions, social level functions in forming a healthy atmosphere in a family. Existing family setting, traditional concept, unequal power and role has not been contributing to achieve equal opportunities and satisfaction to their members therefore the problem has been increasing. Role, power, responsibility and behavior of family members should be reconsidered to delight equally to their members and to sustain an ideal family.

Key words: family disturbance, comfortable and sustainable family, family wellbeing services, family in social care

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1 INTRODUCTION

In modern society the role of family is diminishing. Relationships are also vulnerable. In every society the numbers of separations, divorces, dissolutions and family conflict have been rising. Family is a prime social institution where human beings feel security and comfort. In other words that can say a family is a training institute, services center and a safe place. The home atmosphere should be a healthy in order to develop an ethical and moral individual. In most cases if the relationship of a couple is strong, this provides an advantageous atmosphere for their children. The family is a normalizing institution as well as a socializing one that teaches children how to be good little boys and girls who will become good citizens as men and women (Dominelli 2005). According to Murdock a family is a social group characterized by common residence, economic cooperation and reproduction. It includes adults of both at least two of whom maintain a socially approved sexual relationship and one or more children, own or adopted of the sexually cohabiting adult (Murdock 1949.)

A family is an institution for the transmitting of a good practice of a culture from generation to generation. That provides direction to human being to sustain and stabilize their good behavior to make a sound society. Now it seems there is a big gap to perform its job. It is now a global problem. Family is a basic unit in a society. Considering a strong family makes a strong society and a strong society makes a healthy nation have attempted to study on a family issue.

This study attempts to find out predisposing factors of family conflict and the contributing factors that help minimize couple conflict in order to formulate a comfortable family atmosphere. These are factors on the individual level, societal level and service level to create an ideal family. This thesis also aims at finding ways of applying these findings into social services. The research methodology is qualitative. The study area is Helsinki, Finland. Respondents are both of immigrant and Finnish background. Data have been

collected using questions, interviews and observations. Three married females, three unmarried females and a man are the respondents in this study. Two families were observed. One family was observed two days about seven hours. Another family was observed in total one and half month. A family therapist was also interviewed. Some information has been collected from the statistics office of Finland. The researcher has considered respondents' ideas, observation and family therapist view in depth during the discussion.

The findings of the research have revealed that individual level behaviors such as heavy drink alcohol, gambling, dishonest towards partner, oppressive behavior, long time use of internet, high aspiration than capacity and high work load are more responsible than other factors for the creation of a discomfort atmosphere in a family in the context of Finnish society. However there are many other driving factors behind such a behavior. Contributing elements to achieve comfort and to make sustain family are respect the rights of a spouse considering human rights, avoid detrimental practices, exercise equal power and responsibility, and conduct effective communication.

Existing family setting (traditional concept, unequal power and role) has not been contributing to achieve equal opportunities and satisfaction to their members' therefore family sustention in every society has been challenging. Role, power, responsibility and behavior of family members should be reconsidered to delight equally to their members and to sustain an ideal family atmosphere. Anti-oppressive, person centered, system, cognitive and empowerment social care approaches can be used to prevent and manage family problem.

One of my respondents has expressed that the economic factor is the most important factor in creating a healthy family situation. The economic factor has not been a major predisposing factor in my study area Helsinki, Finland because social welfare system support in such situation where people are not able to earn their expenditure themselves.

I expect the thesis will be helpful and encourage people to rethink about the importance of family and show the little way to create a conducive family atmosphere where the members can spend healthy, well, strong and happy lives living together fulfilling their all requirements exercising equal rights within the small setting. I believe (as a health and social worker) a supportive, co-operative and harmonious family atmosphere is a tool to develop a healthy individual, to minimize risk in their lives and to reduce many social and health problems such as mental illnesses, suicide, sexual crime and HIV infection.

More than 51% divorce rate indicates that many of our children have been growing up and socializing in a turbulent family atmosphere. Every individual's behavior is leaving a positive and negative impact on the society. Our small mistake can be cause sorrow for many people. Our small virtue can be a pleasure for the society. A supportive, co-operative, effective and functioning family environment is a nourishment to nurture human capabilities, to provide success in their lives preventing from failure and unhealthy practices.

This is a vast and vague subject to clarify. There are differences ideas, issues, definitions, functions and forms explained by Sociologists. The study only concerned to identify predisposing factors in individual level and social level of family disagreements and dissolves. Furthermore the research attempted to find out contributing elements in individual level contributions and social level functions in forming and sustaining a healthy family life.

2 OBJECTIVES OF THE STUDY

Family conflict is a common and universal problem in the world. The problem is increasing in all societies. This made me inquisitive to find the factors that are responsible for conflict. Conflict increases vulnerability in society. It is one of the barriers factors to formulating a sound society. The research is performed considering these questions.

1. What are the predisposing factors of family conflict on the individual level and the societal level? Family conflict occurs across the world. It crosses the boundaries of class, education, profession, culture and religion. We witness, conflict occurs from royal families to labor families, international politicians to the simple cottage. Therefore this research has attempted to find out the predisposing factors and responsible factors for family argument, disturbance, discomfort, conflict, separation, and dissolution in individual level, social level and a legal system.

2. What are the contributing elements that make family life comfortable and sustainable to provide satisfaction to their family members equally? Individual level contributions and societal level functions to create a sound family have been disclosed by the study.

3. How to apply and inform these contributing factors as social services is my third question. People have been facing so many difficulties in some families because family members are not cooperative. How is it possible to create conducive atmosphere in a family to provide equal satisfaction to the members and to help sustain their family life? People have been spending their lives miserably due to domination, subjugation, exploitation and one member's oppressive activities over another in their families. Some could not bear conflict of their partner at the end dissolving their family life as an option. Therefore the problem has been increasing. Why all members of a family do not experience pleasure in same level living together. Existing roles and behaviour of couple does not contribute to

provide equal satisfaction to both and it has not been helping to sustain to perform its functions purposefully. Only divorce is not a social solution of family conflict. Many social problems emerge due to family dissolution. The research attempted to understand the different contributing factors for the benefit of the development of high cooperative family through difference social services. The way of informing contributing elements as social services has been considered by the study.

3 CONCEPTUAL FRAMWORK AND LITERATURE REVIEW

Previous researchers have attempted to discuss divorce rather than conflict, quality of family life and the responsible factors behind divorce. Divorce may be associated with a variety of negative reactions in all members of the family. Protective, supportive factors and risk factors for ideal family have not been identified. Many studies attempted to discuss the effect of unhealthy atmosphere of a family rather than the predisposing factors. Pre-divorce parental rancor, along with children's misunderstanding of a significant change in their lives and their feelings of guilt for the separation are likely to lead to greater emotional difficulties (Cohen n.d).

3.1. Importance of family

Family is an admirable means of control and stabilization of human behavior. Merely a cooperative family could perform its functions perfectly. According of Sociologist Talcott Parsons the American family retains two basic and irreducible functions which are common to families in all societies. These are: the primary socialization of children and the stabilization of adult personalities of the population of the society (Holborn and Heald 2008,11).

Family is a basic unit of a society. A family is an effective, impressive, efficient, proficient and natural means of socialization for a child. A good family atmosphere is a tool for making a healthy individual. The state could never simulate a home atmosphere for children and younger citizens to be socialized in performing the role of a responsible father and mother. If someone requires hospitalization the typical expectation is for family members to stay overnight at the hospital. To do otherwise is not to care and not to fulfill one's care giving responsibilities (Levine and Murray 2004.)

































I agree with the true family philosophy, “Family is the school of love and relationship”. I believe, “one good family can make a good leader. It can be a central point to change a society, nation as well as the world”. As the family is a place for all kind of relationships, we can argue that a family is a “mini government”. However family is the fundamental unit of the society, as well as a training center to be a good citizen by character education that one can easily conquer selfishness, and practices true love with total commitment (Siraj 2007.)















3.2 The problem of family disturbance has been increasing

Responsibility and the relationships of a family have been changing along with its social change in every society. Society as well family is a network of relationship so it is very complex. A family conflict, disturbance, separation and divorce have been increasing. In Finland there were only 55 divorce case detected in 1881 to 1890, 3642 in 1956 to 1960, 13127 cases in 1990 per year and it has been gradually increasing. In 2008 the total divorce is 13471 in a single year (statistic year book 2009). This situation indicates that the family disturbance factors behind the scenario are active and supporting to happening more and more.

It shows that the family is no longer able to perform its job perfectly. The situation will become rather worse if we do not consider it as a vast social problem collectively. Levine and Murray express their view on the family position; it is starting to show some wear and tear under the influence of immigration and acculturation. During immigration the nuclear family and extended families tend to separate, and many families never reunite physically and psychologically. Indeed, the trends towards urbanization and increased mobility bring about much greater separation (Levine and Murray 2004.)

Family dissolve situation (divorce) in different countries in 2007

Rank	Country	Percent
1	 India	1.1
2	 Sri Lanka	1.5
3	 Japan	1.9
4	 Republic of Macedonia	5.0
5	 Bosnia and Herzegovina	5.0
6	 Turkey	6.0
7	 Armenia	6.0
8	 Georgia	6.6
9	 Italy	10.0
10	 Azerbaijan	10.3
11	 Albania	10.9
12	 Israel	14.8
13	 Spain	15.2
14	 Croatia	15.5
15	 Greece	15.7
16	 Singapore	17.2
17	 Poland	17.2
18	 Romania	19.1
19	 Slovenia	20.7
20	 Bulgaria	21.1
21	 Switzerland	25.5
22	 Portugal	26.2
23	 Slovakia	26.9
24	 Moldova	28.1
25	 Latvia	34.4
26	 Canada	37.0
27	 Hungary	37.5
28	 Netherlands	38.3
29	 France	38.3
30	 Lithuania	38.9
31	 Germany	39.4
32	 Iceland	39.5

33	 Ukraine	40.0
34	 Norway	40.4
35	 United Kingdom	42.6
36	 Russia	43.3
37	 Czech Republic	43.3
38	 Austria	43.4
39	 Belgium	44.0
40	 Denmark	44.5
41	 Estonia	46.7
42	 Luxembourg	47.4
43	 Finland	51.2
44	 Belarus	52.9
45	 United States	54.8
46	 Sweden	54.9

Source: (Divorce rate around the world 2007)

The emphasis on the individual and the lack of clear moral guidance from traditional (religious) institutions are regarded a real threat to morality, collective solidarity, citizenship and social cohesion. Tradition has lost its plausibility and self evidence (Fish man 1998, 99.) Ability, role and responsibility as well as rights of woman have been changing and increasing along with social change in a family and a society. Lack of understanding of social change and traditional concept towards woman could be a key reason for the raising of family conflict. Why society is moving from family life to single life! Why they are choosing such life style because nobody would prefer to live under domination, under pressure, bearing exploitation if there is option available to survive. The divorce is an option to emancipate from mental, physical, economic, sexual violence and all kind abuses. If there is any option to continue their lives they would leave such frightful life style.

Countries where human rights are highly achieved and women are provided equality by the system have the high rate of divorce. It indicates that lack of realization of the change is a

major factor for the problem. The divorce rate seems low in patriarchal society where women are dominated by the system, where women rights are highly deprived. It is inevitable process, one day human rights will be achieved by all women in every society. If the role of family members could not be modified and a notion of the masculinity could not corrected the situation of family will be rather pitiable.

3.3 The consequences of family disturbance is complicated

Family members are the cell of a society, if the function of the cells is not performing well on their arrangement the body will be unhealthy. Family problems leave an effect on the family members, relatives, society, nation and the world. Such effects could be directly and indirectly for a short term as well as long term. Other unfavorable social conditions can be exacerbated by the problem.

The level of poverty and violence within society is placing increased stress and economic hardships on families. The increase in divorce rates and the reality of single parenting have made rearing children very difficult and stressful (Umreit 1995, 93.)

Social problems and health problems such as suicide, sexual crime, HIV infection, mental illnesses, alcoholism, drug abuse, homelessness, crimes, prostitution and street children have existed in every society. States have been allocating huge amount of their budgets every year to provide their citizens with treatment and rehabilitation. It is complicated to manage and provide a secure atmosphere and full rehabilitation. Family conflict affects the entire life of children. Davies and Cummings (1994) posted that marital conflict may threaten children's emotional security by disrupting discipline, inducing stress, lessening parental availability (Barreett and Turnet 2005.) Family conflict increases poverty. Many women with children face economic problem after divorce and separation. Poverty and other risks increase in the society and make a society pathetic. Citizens with out family are

high burden than with the family for a state. It also creates a house shortage, high production of wastage, high consumption of electricity.

My study area is a developed society if it is considered family conflict and dissolution in developing societies; it is more serious problem because such societies are not able to manage their helpless citizens properly. Individuals mainly women who have a high responsibilities to sustain a society are not able to manage their lives properly themselves due to lack of opportunity and lack of education. Many women with small children are in the street as beggar after family dissolution. The situation of women and children after family dissolution is really pitiable.

3.3 A Family is a tool to minimize various social and health problems

In general, Family is basic social institution where most of basic requirements of an individual can be fulfilled through close relationship with an ideal family atmosphere and connected work force. A family is a process and a way of uniting people to work together to fulfill human fundamental requirements these are physical, mental, biological, social and emotional. Imbalance of these fundamental requirements can cause different types of social and health problems.

In many conditions, human beings are not able to fulfill their necessities and requirements performing work alone. Family is a means for individuals to unite to work coherently to perform their activities to fulfill their needs and to provide a suitable atmosphere for their children to socialize. Especially high responsibilities: care and nurture child and sustain the family and society are given naturally to women. Therefore women have to face various difficulties when family dissolved. A family is a means of support to fulfill individual requirements to sustain society. Food, shelter, affection, security, sex, clothes, recreation and emotional reflection are the basic requirements for an individual. Appropriate balance of these requirements contributes to make an individual life healthy physically and

mentally. Where is it possible to get all these on a permanent and authorized basis? The answer is family, a prime social institution. The family is an ideal, effortless, natural, comfortable and authorized way of fulfilling human requirements that contributes to create a good, moral and civilized individual.

Health problems such as insomnia, depression, anxiety, gastritis, anemia, malnutrition, reproductive health problems as well as different crimes and even HIV infection can also be caused by unfavorable, unsupportive and incapable family situations. There is no doubt that a family is a vital place to fulfill biological, physical psychological, spiritual, social, economical and emotional necessities of human beings. As a health and social worker, examining and dealing with health and social problems in a developing country in my birth country Nepal and examining social problems in developed countries made me aware that wealth is not only a means of satisfaction and means of minimizing social and health problems. It is considerable other social issues to find means of satisfaction and to prevent social problems. A family disturbance and dissolution brings a hazardous situation to an active working group and children. It is very hazardous for societies if conflict occurred in a family with children. Healthy relationship in a family helps reduce maximum social and health risks and difficulties. Love, work, responsibility and accountability provide a support to direct their functions. In a family one cares to another for that reason a family is an ideal tool to minimize most of health and social problems.

3.5 The form of family is changeable and problem is solvable

The traditional form of family has been transforming, from an extended family to nuclear family and single parent family. A modern and post modern society the family does not necessarily consist of men and women. There could be two men and two women but the function is the same apart from the reproductive function. It does not devalue the importance of family. It is better to live in such a setting rather than alone or without a family. Callahan expresses "I would argue that gay or lesbian households that consist of intimate communities of mutual support and that display permanent shared commitment to

intergenerational nurturing share the kinship bonding we observe and name as family” (Callahan 1917).

Secularisation and individualisation are key notions in this process of change. Secularisation denotes the development by which the former influential role of the Churches on everyday life diminishes significantly. People do not anymore accept as taken for granted the moral and behavioral guidance of the Churches (Fishman 1998.) A human mind is changeable, realization, motivation and understanding make mind conscious to behave in a particular way. In every society all social settings have been made by social members. It can be changed by society to get benefits equally to their members.

A family is a fundamental place for human being though there are also some factors of negative exercise such as inequality, pressure, highly workload, labour exploitation and abuse instead of fulfillment of human requirements. Why does a family member hurt other members of his/her family? What is behind it? Culture, religion, earning capacity, property, authority and wealth, ignorance, lack of knowledge and understanding, lack of proper amendment of a legal system? Which factors are more responsible in creating a problematic situation? What kind of predisposing factors are more responsible in creating an unhealthy atmosphere within a family? It should be exposed and individual and society must be aware to change.

In every society there are different factors working behind the situation. If mankind considers the causes of it and amends the situation it is solvable. Howe argues that so many socio-economic, occupational and moral arrangements suit the interest of men. Within these arrangement and the assumptions that support them, women are devalued and disempowered. All these arrangement and assumptions have to be changed (Howe 2009.)

We cannot do what we personally want to do, especially if this affects negatively direct and indirect to a person and society. We need to consider wellbeing other members in the

family and a society to able to lead a respectful social life. The role of members is also changing. It supports to provide sustain a family. Traditional inequality concept of family has not been working and it has not been obtaining an equal comfort to their members to create a good relationship and sustain it. .

Divorce is an option to emancipate from exploitation, subjugation, deprivation and domination. Changing form, role, responsibility, power and modify of concept of family support to solve the problem of family disturbance.

4 FAMILY CONTEXT AND ITS SITUATION IN STUDY AREA

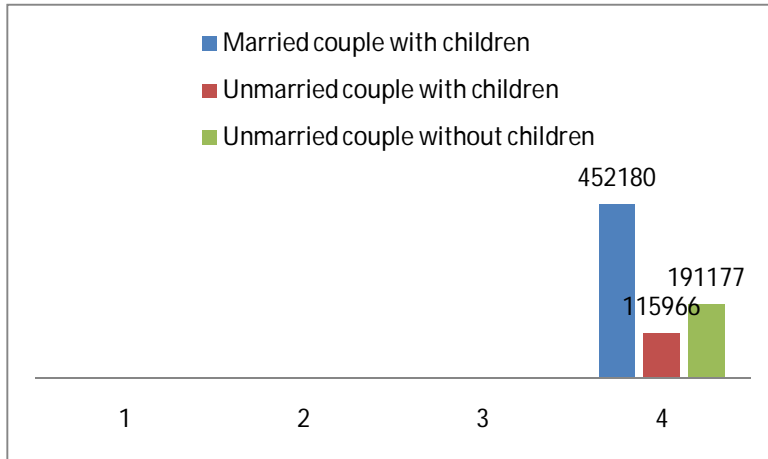
The study area is Helsinki, Finland, a naturally beautiful country surrounded by sea, lakes and forests. Helsinki was founded in 1550 and received the status of capital city in 1812. Finland is a highly democratic country bounded by European law and legal system. The law has been prepared and amended considering human rights and individual freedom. Finnish law states that the spouses are equal. In the marriage, they shall display mutual trust and together work for the good of the family. Each spouse shall herself or himself, have the right to decide whether to work and partake in other activities outside the home (Finnish law section 2, 411/1987).

The population of Finland was 5313399 in 2008. The population is very little compared to its area. The population of Helsinki was 576632 in 2008. Helsinki is the largest municipality in Finland. The number of females is slightly higher than that of males. 85.7% Finnish speaking people, 6.1% are Swedish speaking and 8.2% are others. The city seems to be a multicultural society. Various cultures are practiced in different families. People with foreign background constitute for 8, 9% of the population and foreign citizens make up for 5.9% of the Finnish population (statistic Finland 2007)

Immigrants from different countries have been increasing. They have been entering into the country as an asylum, student, worker and investor. After joining the European Union Finland has been receiving the quota refugee as well. It seems the society is becoming rather multicultural one. Of course, family situation is different in families with diverse cultural background. Intercultural marriages have also been practiced.

Family situation in Finland shows that some people are not creating a family. They are living single. There are altogether 76.3 percent Finnish population belong to a family at the end of 2007. Family size was 2.81 persons (Finland year book 2009).

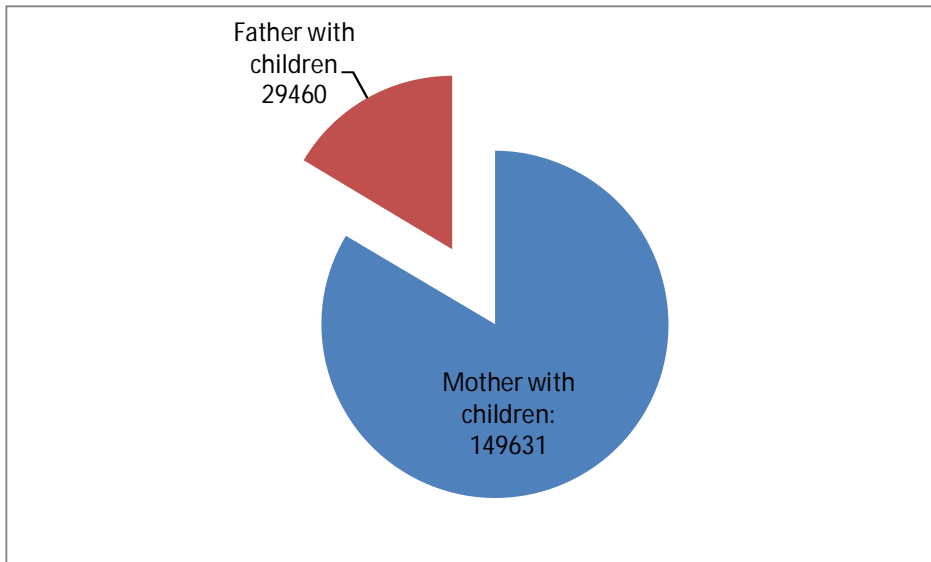
Family situation in 2008



At the end of 2008 there were total married couples with children 452180 (31.3%), unmarried couple with children 115966 (8.0%), unmarried couple without children 191177(13.2%) (Statistic year book 2009). The situation family with children in 2005 shows that marriage couple with children 62%, cohabiting couples with children 18% and lone parents 20%. It shows marriage 5.4 and divorce 6.7 per thousand populations (Forsberg and Kroger 2010).

Single parent family is also in a high level and it started to rise.

Single parents in a family 2008



Divorce rate is 51.2 % in 2007. After divorce a single parent family and loneliness rises. Mother with children are 149631 (10.4%), father with children 29460 (2.0%). The total number of divorce was 13471 in 2008. High age group for a divorce is 40 to 44 years old. We can consider the age 40 to 44 is a vulnerable age group for family dissolution. This group made 2526 divorces in 2008. Remarriage females were 7271 whereas remarriage males were 7445 (statistic year book, 2009). Divorce had probably become more acceptable and married parents had the courage to split up. There was a change in the Marriage Act in 1988, which made divorce easier (Ollikainen n.d).

Single parent family might be unable to provide an enough supportive atmosphere to their children. High level divorce and single parent family indicate that most of the children have been growing up in disunite family atmosphere and might be far from parents love and care. Single parent family has been supported and need to be provided high attention than normal family by the state. Therefore financial load and services load have been increased to the state due to family dissolution.

Register same sex partner also exist in the society. Statistic shows that register male couples are 579 and female couple are 665 in 2008(Statistics year book, 2009.) In 2001 a law was passed which allows gay couples to have their relationship registered. However, gay couples are not allowed to adopt a child. The population is small in this country, if many gay couples are registered, it can be said it would not helpful for the society. Lesbian couple is making a balance of couple because female population is slightly high in Finland.

Finland has been facing a high rate of suicide and crime although the social system to support the public in various ways is regarded as one of the best in the world. Death report 2007 has showed 995 persons have attempted suicide. Male are very high than female. Male are 751 and female are 244 (Statistic year book 2009) Individualisation, loneliness, couple conflict and lack of close relationship to express their trouble and feeling, lack of family support in personal matters, high work load and economic pressure might be the causes of the problem. Undetected mental problem, hidden use of drug and high alcohol use due to lack of close relationship could be a key causes of suicide. Family is a means of understand and recognize each other's behavior, trouble, feeling and mental situation in early stage to control, treat and solve of their unhealthy behavior, difficulties and mild mental illness at the beginning. A sound family atmosphere with an intensive relationship and close rapport could be a key solution to prevent suicide easing all these causes (problems).

It is the biological nature of living creature that all biological needs try to fulfill. Human beings also try to fulfill these require even though their environment is not supporting to fulfill. There is sexual harassment and rape has been happening in the society. Sexual violence was 2.6% in 1999 (statistic year book, 2009). Most of the cases of these issues have not been reported and hidden though they have been suffering. Only an admirable family atmosphere can ease this problem.

Domestic violence and family conflict is highly prevalent in the society. The government encouraged women to report domestic violence and abuse and provided counseling,

shelters, and other support services to victims of domestic violence and rape. The government also funded NGOs that provided additional services, including a telephone hot line and crisis center. According to regional and municipal officials who operated shelters, most women who sought shelter from violence were between the ages of 25 and 35 and married or in a cohabiting relationship; nearly one fifth were reported as immigrants, but origin is often not reported in shelter logs to protect residents (Statistics Finland, 2008.)

Law plays a key role in formulating and sustaining an ideal family to support equality to their members in the state. Women have the same rights as men under family and property laws and in the judicial system. The government placed a high priority on gender equality and maintained three government organizations devoted to gender equality issues: the ombudsman for equality, the Gender Equality Unit, and the Council for Equality (Statistic year book, 2008.)

The family situation of Helsinki is giving an alarm to rethink and restore there are no short comings of legal system and social system to support family. Social problems such as domestic violence, family conflict, divorce and separation, loneliness, alcoholism, mental problems, crime and suicide have been prevalence and emerging like a chain. One problem leads to another problem.

Families with difference cultural background have difference numbers of children. Some have eight, nine children and some families have one to two and with out children. Law has not mentioned about its limitation and obligation. It is also an issue of human (personal) rights. There is a question, which family would be more comfortable!

5 RESEARCH METHODOLOGIES

The family issue is hidden in every society. Man does not like to discuss openly about their family situation even they have been facing difficulties due to argument. Two families of differing situations were considered to interview. One is a cooperative family and the other family experiences dissolution. I interviewed the second family with the help of my friend but could not interview the first. Merely I could observe two days for around seven hours through spending time with the couple. Interviewing is, in my opinion, the best way to get information. In the moment it is also possible to observe the feelings of the interviewee and the general atmosphere. Kelly mentions that in particular, in- the depth face to face interview came to be the paradigmatic ``feminist method`` (Alasuutari 2008).

The research method is qualitative, data collection methods are interview, observation and questions. In data analysis discourse, explanatory and descriptive methods have been used. The study is based on qualitative research. I tried to get answers from both sexes of the families but could not get the male respondents to partake in the interviews. I could observe a single parent (male) family and also conducted informal conversation and was able to get an answer to my question from another male respondent.

Interview: Considering interview is the best way to get real facts, three people (female) were interviewed using both long and short questions. Two women were visited at women activities center at the evening gathering of immigrant women group. One woman was interviewed her own residence in Helsinki who has faced three times divorces in her life. Third divorce was in the process. I interviewed a family therapist at family therapy center (White ribbon association) in Helsinki Finland.

Observation: I carefully observed two families. First family was observed during a period of two days for duration of around 7 hours. The family was a Finnish background. Second family was an immigrant background but the family has been living in Finland for 19 years.

This family was observed indirectly for about one and half months conducting informal conversation. The second family is especially interesting for me because this is a male single parent with two children of the ages of seven years and three years and they have been in the process of divorce for the last 5 months. During the observation period he engaged to marriage with another lady.

Questions: I structured three types of questions. First question is for the couple who has been spending their life together to familiarize myself with their existing situation. What are the matters of discussion, argument and conflict? I used the questions to interview three married women. The second type of question was structured for an unmarried women and a man who are ready for marriage and are contemplating their life partner. These questions were sent to university level students to get to know their expectations concerning their life partner. I attempted to get answer of what they expect and what are the criteria of the selection of life partner and also there ideas about family situation in modern society by these questions. Only four respondents answered the questions. The third type of question is for the family therapist it aims at exploring the causes of conflict, the success rate of therapy and the difficulties experiences during therapy.

Informal conversation: I conducted an informal conversation with family members while the observing families. I also discussed as an informal conversation with three girls (20 to 25 years old) on the expectations concerning their life partners and family problems in the modern society. I discussed with an educated lady from Finland to know her ideas about the existing situation of family.

Limitations of the study are the respondents' age; it is over eighteen years of age, persons who have already experienced the role of a family member as a wife, husband, mother and father. Marriage aged group but unmarried people who are contemplating their life partner to know their criteria of choosing. Second limitation is that the study has not attempted to find out global and economic effect in a family which could affect the structuring and the sustainability of a family. The study is focused on recognizing predisposing factors of

family disturbance and the different supportive and unsupportive behaviors of an individual to make a comfortable, co operative and purposeful family setting and sustain it. The third limitation is that the study has been performed in Helsinki, the capital of Finland. The context is a Finnish society. Fourth limitation is that the study has considered the single family relationship only between couple married, unmarried, cohabitant, registered partner (husband and wife) and their under 18. An extended family has not been discussed. Especially couple relationship has been focused. A life partner, how nurtures and how suffer and undervalue the capability of his/ her partner is concerned by the study. What types of predisposing factors are responsible behind the family trouble where members of the family experience dissatisfaction, uneasiness, distress, anxiety and depressed and at last dissolve are disclosed by the study. Where is the short coming for such family situation in personal level, social level and legal system are examined in Finnish social context.

6 CASE STUDY

I am going to write a case study of my observed family here because I would like to give a picture in which areas and who are affected by a family dissolution. This is only one example. We consider family conflict and divorce is a minor process. How we are going to disturb our new generation and in what type of environment they have been growing up. How a small mistake create a big change. How this change affects to members of a family and services of a state. I am going to express my opinion here about the effect of family dissolution and how many others problems emerge due to a family disturbance by this case study. I choose this family to write case study because I observed the family for one and half month.

A seven- year- old child (male) is disturbing me while I am writing this thesis. He looks healthy and handsome. He asks: “Can I play on the internet? Can I play on your phone? Can I write here? Can I paint there? Can I call my mum on your phone?” He likes to spend time with I. Sometime he looks sad, sometime happy. Sometime he asks some food and drink, sometimes use to eat and drinks other times leave.

His parents had set up a family ten years ago through meeting on the Internets. They are from the same religion, the same culture and speak the same language. Their ages are about 39 and 30, respectively father and mother. After three years together their son was born, mutually wanted. The father has a good education. He is studying for a Doctoral degree and the mother has also studied. The father has a good job. They also have a daughter, who is three years old. The father has been caring both children since the mother went to study in the United Kingdom. When she returned from England she decided to leave her husband. They both have their own feelings and experiences on family life. The wife has difference experiences. She found her husband as negligent, careless, less attentive, exploitative and not supportive. She did not feel she was leading a good family life living with him.

The husband has also some negative experiences. He found his wife was angry, no parenthesis for unknown and no supportive though he had not taken initiative to leave her. He sent her to study in order to educate her. He wanted the same level education for his wife (informal conversation). They are now going through a divorce process. The man was very busy. He had a business, work, and study and involve in some political activities. He had not placed enough importance on the role of the family. I attempted to recognize predisposing factors of family conflict. I found factors such as, inattentiveness, high work load, oppressive behaviour, lack of understanding each other and power imbalance due to high masculinity. These are the individual level predisposing elements of conflict. The main factor is that he did not take responsibility for the family when they were together and that he blamed her she has other boy friend. She could not bear the situation and decided to file for divorce. She could not continue her studies leaving her children. She is eager to keep the children with her. So she came back to Finland. Now she is trying to decide that the children will live one week with the father and one week with the mother's home.

Sometimes the son asks me to phone her mother telling I have no phone can you phone my mother on your phone. He tries to call and tells if my mum die, why she did not phone me, is she expired (onko han kuolu). I hardly understand his Finnish language. He has some psychological problems (Doctor diagnosed) due to his parents' conflict.

One day his father engaged with a second woman. The child came in my home and said: "My father has another wife but I do not like to talk to her and to stay with her, I'd like to stay with my mum," he was sharing his feelings with my child and my child was asking me: "Mum, if my father married another wife I will not live with them, I will live with you, do not leave me with them. He was telling seriously with tear in his eyes. How a child wish expressed! How a child way of thinking change. For several children, their sadness was compounded by their lack of understanding of the reason for separation (Jacquelyn 1998). During childhood the parents are a key in the child's pleasure. It would be a good contribution to create a healthy society if parents considered child mentality.

The Family almost dissolved though the judicial decision is not made. Children are living with father her mother is waiting decision to keep alternate week her children. Father is busy. He leaves home 8 am in the morning and comes 10 pm. The Child plays with my child still late evening. His step mother has no experiences of child care and child also does not like to stay with her. The children have not been getting a sound atmosphere for their development. His school is not going on properly due to psychological problem. Small three years old child look not happy and usually plays alone on the floor.

The state has been providing a high attention to the child through a health care system, education system and social welfare system. Their mother has no any job. State has provided a house and expenditure for her living. She could not complete her study too. She has also raised a psychological problem and has under the treatment. The cause of conflict is not a big one and is not an unsolvable but the consequences are hazardous for new generation and an active working group. Financial load and services load are increased for the state. Now I am remembering more than 51% divorce in the country.

7 PREDISPOSING FACTORS OF FAMILY CONFLICT

In this chapter, I am going to express my findings. I was assuming that both couple respects each other and exercise equality in a family in Finnish society. I was speculating masculinity does not exist any more in the society and women are spending respectful lives. All members in this developed and educated society are conscious about rights of women and children. Women would not have experiences of domestic violence and victims of different violence. I was not expecting the result shows that men are exercising domestic violence and oppressive behaviours in a family. After this study, I found most of behaviours of men are not supporting in creating a sound family atmosphere. A partner use heavy alcohol, usually use to go casino, bar, exercises oppressive behavior and dishonest towards partner. These are obstructive factors in forming a happy family.

I am going to answer to my first research question on the predisposing factors of family conflict on the individual level and the societal level? What factors are more responsible in a family in making family members discomfort, feel nervous, anxious and distress. What are the main factors behind this? My findings has been constituted from observations, interviews, and questions answers, what I saw, gained, and perceived regarding families in a range of situations.

According to my respondents' experiences, my observation and the answers from the family therapist revealed that the individual level predisposing factors are more responsible in creating a conflict in a family. In some cases the single behaviour of a single person and in others cases combined behaviours of more than one persons were creating arguments in a family. Individuals' behaviours, attitudes, manners, thoughts and the way of spending time, entertainment, and participation in family activities, eating and drinking habits are considerable. These are performed in differences ways but these behaviours directly affect the spouse in a family setting. There are some personal behaviour, attitude, activities and way of spending time responsible in creating discomfort in a family

7.1 Individual level Predisposing factors for family conflict

Heavy alcohol consumption, it is a major factor of family argument and dissolution in the Finnish society. Alcohol use affects the human mind and therefore the behaviour of a person who consumes large quantities of alcohol is very different than the behaviour of a non consumer. They are not able to perform their daily activities. The spouse is the nearest and dearest person for a married person. They interact all the time. It is not bearable for a non-alcoholic partner to interact with the alcoholic partner. The spouse naturally turns against alcohol. For example a lady was subjected to suffering through her alcoholic husband was compelled to leave her husband though she loves him.

Living with an alcoholic is generally a rollercoaster of a ride. It is hard for those around the drinker to understand that actually they can not help themselves and usually the family will find themselves affected deeply. It is a family disease, in as much as it affects the whole household (Information and advice on Alcohol Issues, n.d.). According to family therapist (Koivulehto Heli 2009) the key cause of family conflict in Finland is heavy alcohol consumption. Alcoholism is a major cause of family disturbance and divorce. Children of the Separated are themselves more likely to develop problems with alcohol. The adolescents that live with only one parent or those living two parents at separate location were more likely to have been intoxicated (Branstrom and Sgostrom 2008).

Dishonesty towards a partner is a key factor in creating conflict in a family. Marriage and cohabitation are legal, social and moral consent for a sexual relationship. Why do people in different parts of the world favour monogamy? One of my respondents has gone through three divorces. The factor behind the incidents was arguments over dishonesty and prefers multi-partners. This issue is behind many marital problems, crimes and violence in this world.

One of my respondents expresses her feelings over her relationship her partner. While she was tending to their two children, her husband used to go bars at night and returned in the morning hours! She tried reasoning with him and asked him to correct his behaviour. “This is not good for us and our children”, she would say. He would get angry and he would not pay attention to her. He would often get violent towards her. She went to a family counselling centre for support. The family counselling center called her husband and invited him over for a visit. He did not go there once. He did not want to listen. She could not bear the situation for any longer. As a last resort she decided to file for a divorce.

Detrimental practices creates problem. These are drug use, gambling (usually casino) other risk activities that damage health, lose property and decrease social status. These practices raise a family grief. These behaviors create unhappy atmosphere in a family. Some partner plays card, use to go casino and loose common property and their income. Such type of partner does not care necessities of family. It makes discomfort and difficult to another partner and children. They do not obtain any responsibility for expenditure of family.

A partner with oppressive behaviour generates dissatisfaction to his/ her partner. Oppressive behaviour refers to a spousal relationship where one spouse is more powerful than the other in daily performances, for example in decision making, spending income, and daily family’s performances. One controls another. In other words, it is like domination, subjugation, dictatorial, overbearing and autocratic behaviour towards partner. It is also a major factor in creating an atmosphere of discomfort and a source of conflict within a family. Usually men control and restrict over women and sometimes women control over men in different instances of daily life.

My respondent has experienced of dominion through such behaviour of their partner. A single person was a cause of trouble for many people. It is possible to find out in which religious, cultural and ethnic background women/ men are more suppressed, disadvantaged, deprived, subjugated and oppressed by using same questionnaires among various religious group. Some people use religion as a tool to control women human group.

This is a serious issue that I found out in an informal conversation with my observation case just how difficult this issue is. They are in the process of getting a divorce. I usually observed this male single parent. I met mother who decided to a divorce even though she has two children. After our short introduction, I inquired:” you have such nice kids, a husband who is also well-educated, and he tries care for the children too. Why have you decided to get a divorce? “He never cared for us when I was here. I did not get his time to go out or at home. We had no family life. Usually he was outside and when he came home he brought many friends with him. I always stayed at home with kids caring for them and preparing his clothes, foods. I never got his real love and time. He did not care our expenditure. I also have a life and do not want to spend the rest of my life like a machine”, she answered me. She had tried to draw his attention. She got angry many times and one time she attempted suicide but his behaviour had not changed for many years.

One’s partner is a part of the family and he/ she has to take responsibility for child care, nutrition, hygiene, school and other issues related to home expenditure and other activities within a family. When one partner does not participate in family matters, this creates a conflict suffers to a partner.

Labour and economic exploitation and a sense of exploitation is another personal behaviour to create a family argument and make members despondent. A situation where the intention of a spouse is to exploit their partner is an unbearable one. My respondent expressed her sadness due to the partner behaviour. Many women and some men are suffering due to their spouse’s intention of exploitation. One partner is working the whole day with the children, doing their job, cleaning the house and preparing food and shopping but the other one is doing nothing. He / she neither involve themselves in the daily family activities nor shows gratitude for the spouse’s efforts. This kind of behaviour creates a conflict within a family. A sense of labour and economic exploitation is a major factor for disagreement in a family.

People holding Negative attitude are the source for a conflict. People can perceive the same event and issue differently. The way of perceiving always affects their behaviour. Some people have a negative attitude towards different ideas, ways and styles. If a partner has a negative attitude it would be an individual predisposing factor for a quarrel. Negative thinking is a factor behind a conflict. A family therapist from the White Ribbon Association explained that a large number of women experience a feeling of neglect from the part of their partner. These women feel that they are getting no positive feedback from their spouses. They (clients) explain that child care and work made them tired and their husbands have never showed their gratitude (Koivulehto Heli 2009). Lack of communication is also a source of increasing negative judgment. A lack of communication is a one of the major elements to creating a conflict. Communication plays a key role in understand the whole situation of a partner.

Use of internet long time is a considerable factor to commence an argument in a modern society. If a partner used internet, different game, gamble bet and others entertainment sources long period this make partner hard. These days' people tend to spend an ever increasing part of their spare time on entertainment with differences means of entertainments instead of interacting with their partners. Sharing feelings by a healthy conversation is a cornerstone of any functioning relationship. According to the family therapist, heavy internet usage is a common problem and accounts for a significant number of marital challenges. There will be a lack of communication due to the lack of interaction, and a lack of communication will create a lack of understanding. A lack of understanding leads to conflict. Not paying enough attention to one's family is a serious issue. It will be a cause for an argument.

People with high aspiration and an insufficient capacity are the cause of conflicts. People are ambitious by nature. However, if one's aspirations surpass their capacity, it may cause problems within their family. One respondent has this same problem. She wants to earn a lot of money working extra hours even though their current income is more than sufficient to cover their expenditure. Her husband wants to spend more time together, instead of the

extra money. People do have difference aspirations regarding education, profession and property. One of the leading causes of conflicts is the differences between the spouse's views towards these issues.

Relatives' negative role can generate dissatisfaction in a family. Relatives are good support elements in the founding of a healthy family atmosphere. Sometimes, however, relatives can play a negative role in the family scheme. A woman was explaining that her in-laws never contact her and her children. She said "my children have not received any kind of support from his side of the family. They haven't even gotten birthday presents. That creates negative feelings within the family.

The above mentioned conditions are the individual level predisposing factors for a family conflict. These factors subject the family members to discomfort and stir up arguments. These issues can be solved in an individual level. Family, where these behaviours are exercised is considered a vulnerable and a threat for the members. Such families have to be identified for more attention and counseling at the beginning through family welfare activities to prevent possible risk in future.

7.2 Social level predisposing factors for family conflict

There are some social levels predisposing factors in creating conflict in a family. In my opinion, there are some social-level predisposing factors which can make a family vulnerable. These are social structure, tradition, social norms values, legal system and religious belief. In every society norms, morals, values and social concepts are setting up. These are also affecting the development of the nature and behaviour of an individual. Values, however, are based on a belief system. As the term value implies, we make an assertion because we like (value) it, it is desirable and important (Heinonen and Spearman 2001.)

In the Finnish society, in my view, some social issues act as predisposing factors for the creation a family conflict. These are: alcohol consumption which is easily accepted by the society, old models of masculinity, low motive act only good activities for the family and society due to lack of close relationship with family and relatives. The society is more and more centered on the individual. Easily available of others sources of entertainment in the society can be considered for an experience discomfort living in a family.

8 CONTRIBUTING ELEMENTS IN FORMULATING A COMFORTABLE FAMILY LIFE

In this topic am going to answer of my second research question. The question is what are the contributing elements, which make family life comfortable and sustainable? Individual level contributions and societal level functions have been disclosed by the study. This study found out that individual behaviour is more responsible for family conflict, disagreement and makes partner dissatisfaction in the context of Finnish society. Therefore, individual level predisposing factors should be considered for the benefit of the family. Respondents expected a kind of manners and virtue from life partner expressed by the respondents. These are the elements to minimize potential for family argument. My answer is conclusion of what kind of behaviour respondents would prefer and expect from their life partner, ideas of family therapist and knowledge has been achieved observing families. An individual level contributing elements in formulating a sound family atmosphere is going to explain.

Three married ladies, three un-wed women and a man expressed their expectations in regards to their lives partner. The married females felt that their spouses have yet to meet their expectations. Though, they anticipate these characters in their lives partner. According to my respondents, they expect the following virtues such as high moral standards, understanding of the family - partner - and children's situation, support, security, loving, caring and hospitality, good, respects the partner rights, intelligence, honesty, compassion, practicality, and realism in everyday life, happiness, openness towards partner and Loyalty. These are the expectations of a life partner from his/ her partner. These can be considered a basic and significance individual level contributions to minimize the amount of family conflicts and to make a family life comfortable and sustainable. The study discovered common themes in formulating an ideal family atmosphere including respondents'

expectations, Idea of family therapist, observing family circumstances and adopting ideas from informal conversation. These are personal contributions, social functions and legal amendments.

8.1 Individual level contributions

Respect the rights of the spouse, considering human rights. Family is a vital place to achieve and grant human rights. The history of human rights is the history of the struggle against exploitation of one person by another. It is based on the recognition of basic rights founded on the concept of the inherent dignity and worth of every individual (International federation of social works.) Human beings spend most of their time in their family with their life partner. It would be a human rights violation if a partner controls one's personal matters, restricts their movement, work, exploits labour and finance, abuses. In some families people have no right for their own ideology; they have no rights to their property, no right to travel, to spend their money, to study, to visit their relatives, to earn money through work. I have found through an interview of women with immigrant background that family is a big barrier to achieve human rights.

Generally women are subjected to extreme violations of their human rights including: genital mutilation, sexual oppression, subjugation, torture, prevented from using their personal property, prevented from travelling, prevented from being and visiting their relatives and friends, prevented from getting education and working freely in their society. If they understand this issue before starting a family life it will help achieve a healthier family life. All respondents expect respect, support and security from their life partner. That stands for a respect of their human rights.

Avoid detrimental practices like heavy consumption alcohol, gambling (casino) with money, bar using family expenditure, drug use, use multi- partners and others that can be a caused of hazardous for health and properties. Such kind of behaviour eventually, destroys

properties; deteriorate health, demise social prestige and dissolution of a family. Avoidance of such behaviours is a big part in formulating a sound family. If you saved you, you can save others. Individuals who exercise these activities are considered a risk for a conflict and dissolution.

Exercise an equal responsibility and equal power in a family is a key supportive point in generating a healthy atmosphere. There are large numbers of activities that need to be performed if a healthy family life is to be achieved. All family members have to take part in. If there are children the responsibilities are also higher than without children. Both partners have to show initiative. Household work, cleaning, washing, shopping, preparing food, taking care of children, caring for the sick and the elderly, taking responsibility for income such as working (business, job) are the common performances in a family. These some of the functions both partners need to partake in.

Equal power balance between couple provides an equal satisfaction, reduce stress and frustration. Exercising equality in a family contributes in creating an advantageous family environment. In a family both adults are equal. Sometime one partner tries to make himself or herself more powerful than his / her partner. This type of individual often empowers themselves through the oppression and belittling of their partner. This is one of the root causes in creating a discomfort in a family. A happy family life is built on equal rights and mutual support.

I was observing a cooperative family. It is a simple example. I found that both partners were conscious about their tasks. She is a Finnish friend of mine and I studied their relationship while visiting her home. We had dinner. Also present was her daughter and her son-in-law, as well their two children. After the meal I tried to do the dishes but her husband told this was his duty. He collected all dishes and did them. He made us pancake for dessert. In the meantime, my friend was showing me around their garden. We went back and started eating the pancake while the husband was still busy. After dessert she collected the dishes and did them. The family was so happy. They were proud about their long family

life spent together over 30 years. They have nice children who have been well-educated. They both studied as well. While I only observed the family for a limited amount of time, I was convinced that they possess all the characteristics needed to sustain a happy and beneficial family existence.

Understand the desire of the spouse is a way of showing appropriate behaviour. Selfish and negligent people do not understand their spouse's desires and neglect it. These individuals are so preoccupied with catering to their needs that they pay little or no attention to their spouse's needs and desires. These kinds of feelings are a source of misery and cause clashes between spouses. If spouses do not understand their partner's desires and family needs they are neglecting their responsibilities towards achieving a healthy and balanced family life.

Control temperament to create a healthy family environment. It helps reduce the number of risk factors. Both partners should be conscious about it. Self-control is a moral virtue unique to us humans. Animals cannot control their anger, desire, sexual activities, or bowel opening. Therefore they do what they "want" when they "want". This is a good virtue for human beings. It is something we take for granted in our everyday existence. The lack of self control, however, is something far more obvious, something sinister. Some individuals that grave bodily harm to others in a fit of rage. The way of get rid from a temper should be generous. Thy method of fulfill biological requirement should be harmless.

Self -control is vital in making family life comfortable and sustainable. A lady told me about her family situation during the interview: "He used to get angry, when he came back home after going out. Sometimes she does not even know why he is angry. Never has he tried to solve this problem. His behaviour ruins their family atmosphere. The children are afraid, me too, I feel bad". High domestic violence prevalence is in the society, it is due to the lack of control of their behavior. Control of temperament is a key supporting factor to make family life calm.

Conduct effective communication, is significance. Some families suffer due to a lack of understanding of their partner's situation such as business, nature of work, earning capacity, tiredness, health condition, work load, and other such conditions. Healthy communication helps partners to recognize such a condition. Communication is a key tool in maintaining a relationship. If a spouse feels discomfort, this should be discussed and communicate to know the causes of upset and such feeling. Communication helps identify the need of a family that makes active. Activeness is needed to provide support to one's family. A supportive atmosphere is a key point in feeling calm.

Discussion disagreements issue immediately maintains good relationship. In family life disagreements may develop that should be discussed and solved, otherwise other risks will appear. Understand each other by discussion and listening disagreement issue is crucial in creating a healthy atmosphere in a family.

People with highly social ethical, norms and values followers and moral are the resources to build an ideal family atmosphere. Many of the respondents hoped for a moral and honest spouse. The ideas held by the majority are called social norms and ethical values. Some societies' social ethical values are not providing benefits for the entire population. Unfortunately, in some cases one's gender, race and socio- cultural background prohibits them from receiving what is legitimately theirs. Some cultures teach non-legitimate ethical values with the intent of subjugating some group of people. What I mean by legitimate ethical values is the values that correspond to all behaviour that leave a positive effect on others (wife, husband, children, relatives, members of a society) directly and indirectly. These values help to make family life happy. Such behaviours that are leaving negative effect in a family and society should be blocked to grant a respectful life.

Obey the law is a key means in creating a family life comfortable. A democratic law prohibits a set of actions that harm others. The law is prepared and amended considering the wellbeing of family and society. It is a way of limiting harmful activities. A spouse, for example, is not allowed to restrict a partner's personal activities, to torture physically nor

mentally. Law helps protect the rights of human beings if it is implemented effectively. Therefore, it is also a good resource to make family life comfortable.

These all are individual level contributions to achieve a comfortable family life. These elements could be applied to enhance relationship and cooperation in a family of any social stages such as traditional, modern, post modern, underdeveloped, developed, rural and urban.

8.2 Societal level amendments and functions

Apart from individual level contributions, there are some social functions to achieve high satisfaction in a family. Family life should be encouraged and respected by the society. The functions of a society constructed by social system to achieve comfortable family life are satisfactory in Finland. Economic situation plays a key role to achieve satisfaction fulfilling human requirements in a family. Finnish society is a modern and post modern society where individual freedom, personal rights are highly exercised. Social system is one of the best in the world for its members. There are many support centers social institutions, religious institutions health institutions education institutions and multi- professional associations. All are working co-operatively for the benefits of the differences group of people and whole population. The various functions have been performed purposefully.

Family has been supported by counseling centre, maternity allowance, child allowance, housing allowances, unemployment allowance, mother Activities centre, and child day care centre, free travel for mother, free education system and well organized treatment system. Therefore the study discovered that personal behaviours are the major predisposing factors in raising an argument in a family in the context of Finnish society.

Some societal level functions are considerable to enhance family relationship and achieve a comfortable living in a family. These are: respect motherhood everywhere to encourage

starting a family. Discourage detrimental and unhealthy practices through counseling and finding out vulnerability and celebration of family day. It is supportive to encourage society to know its benefits and establish a family. The family importance, function, way of making happy family life and family impact to an individual to a society should be informed through the celebration and advocacy.

The legal system is considered an achievement for the benefit of a high standard of human rights and equality in families. Finnish law mentioned that women have the same rights as men under family and property laws and in the eyes of the judicial system. Equality of the sex is promoted in societal activity and working life (basic rights and liberties 2008). The government has placed a high priority on gender equality and maintained three governmental organizations devoted to gender equality issues: the ombudsman for equality, the Gender Equality Unit, and the Council for Equality.

A state has to prepare rules considering enhancing of a relationship in order to encouragement members in creating and sustaining family life. Some actions are considered to support and formulate a functioning family these are: work transformation to the same place where partner is living, arrangement leave on a family function days such as birth day of partner, delivery care leave, allowing leave at same period to trips together, allowing residence permit if single married immigrant live in a society.

An American clinical social worker and Psychotherapist Berg Stern David have mentioned five steps to a better relationship. These are, make requests not demands, be a better listener, say and do positive things, communicate your sexual needs and practice assertiveness. He furthermore expresses understand that therapy can sometimes be a difficult process, but the result can often be tremendously rewarding, even life changing. (American psychiatric association n.d)

9 DEVELOPMENT OF SOCIAL SERVICES

The third question of the research is how to inform these contributing elements to a society? What model of service supports in generating a good nest for human being? How to inform people about their role and contributions in creating an advantageous family atmosphere? What social services play key role in creating a high pleasure in a family? Develop ideas and identify the way to apply these ideas to formulate a healthy family atmosphere is my third issue. I am going to answer this question here. There are the services that help prepare couples to behave in a way which contributes in achieving an equal satisfaction. How to prepare people to respect family life and their partner to prevent and minimize the family problem?

It is believed prepare people to start a family life and exercise such performances which help obtain an equal benefits, respect and opportunities to the members and also support for its sustainability by pre- marriage education; family counselling, parental counselling for their role, advice center for the lone adult and vulnerable individual, family activities centres to refresh couples, long term shelter for children to allow parents trips and anti-oppressive awareness package to inform family values and enhance relationship. Advocacy is another tool to inform situation, prevalence, impact and way of improvement of the problem. Advocacies inform the values of a family to an individual and to a society. Furthermore it is supportive in respecting motherhood everywhere and in developing a positive concept of family in order to establish, reestablish and respect family life exercising equality.

9.1 Services for enhance relationship and prevent risk

Pre marriage education is a good way to prepare partner to play a proper role. Open discussion on the marriage and life partner after the age of 18 will be helpful.

It is advisable to educate people by developing curriculum to inform individual on their role as a father, mother, wife and husband with a goal of making families happier and comfortable. Dissemination of information including significance of family, consequences of conflict and divorce, risk of loneliness, its effect to an individual, and a society, individual level responsible factors of discomfort, individual level contributing elements in building happy family will be supportive.

Campaigns and celebration of family day help in creating a good family and aware community to start and sustain family. It is truth human being needs some close person to share feeling, interact, fulfill needs and acquire help. Family is a natural and a permanent way of making friend. It is rather crucial because to sustain the society. It will provide a high satisfaction and success if two individuals live together establishing close relationship, sharing love, helping and respecting one another exercising equality. If such message disseminated through campaign and celebration it will help rethink start and sustain a family life.

Role of parents is significance in building fine family life. Parent counselling centre is also a supportive Some people could not give attention to find spouse their focus divert from finding a potential spouse with other issues such as work, studies or other comparable factors. It is normal. It would be helpful parents assist them. Close persons are parents for an unmarried people. It is not impossible to do help and find a good spouse for their children. Parents already create their network of friends. They can share their child's situation. They can help by visiting some counselling centre and can show the way how it is possible. It is difficult to understand and manage personal matters of individual with the help of the governmental sources. Assist and advice from parents would be more effective. Parents can play a big part in making their children's family life successful. I met a well an

educated, disciplined and wise male aged 28 at my practical place who was recovering from serious mental illness the cause behind the problem was loneliness.. He needed family a spouse but he had not found an appropriate one and was busy. Friends asked did he find friend and told that was his weakness. He felt hopeless and confusion. Later he suffered by the serious mental illness. Parent's role is crucial in this situation.

Anti-oppressive approach, family system approach, communication as interventions, cognitive behavioural approaches and empowerment approach social work methods are recommendable to enhance relationship, promote family life and prevent possible disturbance and dissolution. Communication as an intervention approach aims to regulate and modify family communication patterns and alter communicational styles to promote positive interactions and family relationship (Hepworth, Rooney, Gottfried and Larsen 2006, 455).

9.2 Services for conflict managements

My study goal is to find out the way to creating comfortable family atmosphere in order to achieve a high level of human satisfaction to nurture natural capabilities of human beings through finding predisposing factors of an unhealthy family. Furthermore, I am going to express my view on the issue to management case to protect their ability and potentialities. Early detection of problems is a key consideration when planning a functioning couple's support system. There is 80% families reconcile after therapy (Koivulehto family therapist 2009, interview).

Conflict within a family is considered as an individual problem, social problem and as a legal problem. It is not only a problem of an individual. The problem of a couple can cause difficulties for their children, relatives, friends, society and the nation as well. Goal of services should be protective.

Social work should be focused to enhance relationship, prevent risks and management to a clash situation. It is observed most of social works have been performed on focusing in managing a disturbance than enhance the relationship. Different social work approaches can be used during the planning on conflict management. Intercultural marriage is also in practice in Finnish society. Post modern approach can be used to therapy intercultural couples. Awareness, networking, empowerment, encouragement and referral are the process in managing a family.

Counselling has to be performed to rethinking the significance of family, re-correcting the behavior and modify their role. Both partners should be conscious and committed to sustain and rebuild. During the management Client/ person centered approach, solution focused approach, social rehabilitations approach, system approach, anti oppressive and empowerment approaches are considerable. The person-centred approach is an influential model that strongly informs our use of counseling skills (Miller 2006, 22).

Anti-oppressive practice is about a process of change "Which leads (service users) from the feeling Powerless to powerful (Dalrymple and Burke, 1995). In a way anti oppressive approach can be used to prevent the problem and to provide services to the victim of family conflict. One of the key causes behind family argument and discomfort is oppressive behavior of a partner. This is a good approach to grant equality within the family therefore I strongly recommend to use anti-oppressive approach to aware society, acquire equality and to develop a sense of anti-oppressive behaviour to formulate a supportive environment in a family.

Cognitive behavioral approach is an appropriate for understanding a new atmosphere, to adopt the new situation. Cognitive and behavioral strategies to enable them to achieve desired goals, reduce stressful communication, create a more positive communicative climate and solve problems (Koprowska, 2008).

In my opinion, human mind should be protected from long term stress. Conflict always creates at least one sometime two victims. Victim has to face stress, tension, fear, and confusion. If the victim has been experiencing same mental pressure for a long time, it will harm in his/ her mental and physical health. Some approaches are considered to protect his/ her potentialities and to prevent worsening of the situation. It is crucial to provide relief and recovery from difficulties at the starting of the problem. The following approaches are supportive in order to secure ability and handle unexpected family situation. These are mind change approach, supplementary approach, better option approach, relief services package for the victim (who are more affected by the conflict) to protect their mental capacities and physical strength.

10 PROFESSIONAL DEVELOPMENT

During the writing this thesis I have gained some knowledge about process of the writing research. A number of ideas and knowledge have been achieved which can be used in social services and applied various social researches. I have gained a picture of process to perform a research. This study has explored others field of studies as a social and educational functions and research. These are pre marriage education curriculum, idea of relief services package, supplementary package, and better option approach to the victim of domestic conflict and violence to provide a healthier atmosphere to protect their potentialities and prevent from deterioration of physical and mental health.

This study has reminded me about human requirements and realized way of fulfillment in a permanent and authorize basis. I revised my knowledge on the relationship of an individual and a system that how the role to these social institutions affect direct and indirect to a person. Wellbeing of an individual start from family but the traditional inequality concept of family has not been supporting to nurture their capabilities equally therefore a new concept of a family is believed where equal right, power and responsibility are practiced.

To inform such message anti-oppressive approach of social work and advocacy will be more valuable. I revised some social work methods. I am able to prepare plan to support family to prevent risk using differences social work methods. I am also able to provide services to the victims of family conflict using multi-dimensional assessments and networking methods, if social system could support.

11 CONCLUSION

The social institutions, its network, relationship and human behavior are a vast issue. Need to study articulating many others social issues. I could not inter some topic. I concerned only fundamentals requisites in developing healthy family in this study. Family is a basic social institution which formed in a natural way to uphold society fulfilling fundamental requirements of a human being. When family disturbed and person preferred single free life style then the population growth rate decreased. Family disturbance leaves negative impact to a society. Others undesired conditions exacerbate. Western society have already been facing low population growth rate. One of the major functions of a family is reproduction.

The findings of the research revealed that individual behavior is more responsible than other factors for family conflict, discomfort and divorce in the context of study area. Individual level predisposing factors are: heavy alcohol drink, gambling (use of casino), oppressive behavior, and dishonesty towards partner, negligence towards family demand and spousal desires, high work load, long time use of internet, high aspiration than capacity, a lack of communication and hidden form of masculinity. The contributing factors in individual level to form a healthy family are: respect the right of the spouse considering human rights, avoid detrimental practices, exercise equal responsibility and power, control temperament and conduct effective communication. Individual level predisposing factors in creating family argument should be corrected to achieve an equal satisfaction in a family.

The study disclosed that considering respondents view, ideas of family therapist and analyzing world family divorce scenario family could be sustained merely if traditional unequal concept of family changes into an equal power new concept of family. It is inevitable process to have equal rights to women as men. The family dissolution rate is low where women rights are deprived and women are disadvantaged. Where there are no any options than face all kinds of tortures physical, economic and mental. Women about 70 to 75 percent have taken initiative for the divorce (Women's Infidelity 2007). It points to

that family has not been providing healthy atmosphere to the women. Equal rights, equal responsibilities and equal power should be exercised to enable family life becoming comfortable and sustainable and to provide a solid and fruitful bases for the mental and physical development of their members.

Furthermore, well balanced family able to fulfill physical, mental, biological, social and emotional requirements of an individual. Family is a good tool to prevent a range of social and health problems. It is possible to create a healthy family atmosphere by providing social services and education. The model of the family services should be organized to promote family life, to prevent conflict and to manage clash situation. For this purpose, anti- oppressive approach, empowerment, effective communication intervention, system approach, solution focus approach, cognitive behavioural approach and person's centered approach are significant.

I would suggest to study on the issues of social and health problems relating with family background these are: mental illness, suicide, HIV infection, crime, rape and various illegal activities to identify the significance of family and to test the assumption that social and health problems can be eased creating a functioning family atmosphere.

Additionally, I would recommend for further research on the services of family wellbeing concerning the topic; pre marriage education package/course to inform the importance of a family. In model of the Social service, I recommend for further study in the topic of an anti oppressive awareness package to promote family wellbeing and relief service package, mind change approach, supplementary approach and better option approach to protect mental capabilities of the victim.

An anti- oppressive awareness package should be organized to prepare society to accept a new concept of family setting, where power, respect, role and responsibilities are equally exercised. It will be helpful in reducing domestic violence, promoting family welfare, and

formulating a purpose atmosphere to their children where most of the requirements of members can be achieved in a simple, natural, effortless and graceful way.

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13 APENDIX

1 *Questions for married couple*

1. Personal information

Age. Partner:

Sex:

Date of marriage: age of marriage

Time of marriage: 1st: 2nd 3^d 4th

Causes of divorce:

First:

Second:

Third:

Numbers of children:

Male:

Female:

Religion:

Partner:

Education:

Profession:

2. Questions for Daily performance

2. a Who care children?

2. b. Who do shopping?

2.c. Who make food?

2. d Who clean house:

2. e Who wash dishes and clothes?

2. f. How often use to go outside together:

3. Economical situation

3. a Income resource: Husband: wife:

3. b Support from social office

3. c. Income from business

3. d How you spend your house expenditure: 1. keeping money separately

2 Keeping money together

4 Marital status:

4. a Type of marriage: a. married, b. cohabitant c. register partner

5. Eating habit

5. a Do you drink Alcohol? How often amount Partner
5. b smoking Partner
5. c. drugs if yes how often Partner
6. Question of relationship
6. a How often you have experience an argument (⊗)
6. b What is the main matter of argument?
6. c How long it will go!
6. d How do you solve it!
7. Questions concerning with expectation:
7. a What activities you like of your partner?
7. b What behavior and activities you dislike?
7. c. What you expect with your life partner?
- 1.
- 2.
- 3
7. d. Have you been getting these? Yes / no/ partially!
- 7.e Who is the decision maker in your family?
8. Situation of violence
8. a. Have you been suffered (hurt/ violence) by your partner any time in your life:
8. b If yes what type of violence:
- 8.c Physically: How often?

- 8.d. Psychological: How often?
- 8. e Economical: How often?
- 8. f Sexual. How often?
- 8. g Others any difficulties due to your partner?
- 9. Preference of life partner
 - 9.a. What type of life partner did you expect?
 - 9.b. Education!
 - 9. c. Profession
- 10. In your experiences, what kinds of services need to make family life so comfortable and sustainable!
- 11. In your opinion, what type of activities both partner must perform to make family happy and sustainable!

2 Questions for unmarried (Unmarried)

1. Personal information

Age.

Gender:

Education:

2. What you expect with your life partner? Behavior/ activities! (What kind of life partner you prefer)

1.

2.

3

4.

3 In your opinion, what kinds of services need in a society to make family life comfortable and sustainable?

4 In your opinion how we can minimize family conflict/dissolve/ separation!

- 5 How many couple you know in your life and among them how many couple had a conflict and violence physical, mental, economic and even sexual!
- 6 If you know them please point out who was the perpetrator!
- 7 Do you know the cause of the conflict among them!

3. Questions for Family therapist

1. How many different families visit in a month?
2. How many time and how long visit same family?
3. What is the main matter of conflict? the problem/ causes?
4. How many percentage families reconciliation after therapy?
5. Who visit more? Male / female? And who is perpetrator!
6. Who is the large number of client? With children /without children?
7. After how many years of marriage start problem?
8. Which couples is majority to take therapy? Same culture/ different culture.
9. Could you please tell your opinion what are the factors to make family life comfortable and sustainable? Individual level?
10. What would be the social services to make family life happy? Society level?
11. What are the difficulties to work as a family therapist?
12. What is exactly family therapy means! What kind of services you have to provide!

