



Analysis of Family Dynamics across the Family Life Cycle

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(Received Dec 2012; Published March 2013)

ABSTRACT

The purpose of this study is to identify of the some family dynamic patterns among Iranian couples. This research will determine the family dynamic structures in each stage of the family life cycle for more balance. The research questions and hypotheses will be developed to focus on exploring and understanding family dynamic structures among Iranian families. Two-way analyses of variance (ANOVA) will be used in this research. This paper will discuss the topic as part of a PhD proposal in the Faculty of Education, Universiti Teknologi Malaysia. It is hoped that the result can be a reference to family professionals in identifying the family dynamic structures in Iran.

Keywords: Cohesion, flexibility, communication, family life cycle

INTRODUCTION

The several studies suggest that the healthy family to protect well-being by providing companionship, emotional support (Ross, Mirowsky, & Goldsteen, 1990). Also healthy family has positive correlation with economic security, physical health and psychological well-being (Uchino, Cacioppo, & Kiecolt-Glaser, 1996) child development (Walsh, 2003). In the other hand, couples or families face many crisis and stresses in their life cycle that can lead to imbalance of their relationship with others. Based on some models of family dynamics, changes in family types can be occur over time. Therefore, it is essential that some changes occur in patterns of family interaction before the symptoms appear for presenting problems (Olson & Defrain, 2001). One of the Intervention models in family that provided a conceptual framework of family dynamics is Circumplex Model. This model emphasis on interconnection of family members and their behaviors quality (Olson, 1999) .

Circumplex Model is divided into three dimensions including cohesion, flexibility, and communication as facilitates movement in a family between the extents of the other two dimensions (Olson & Gorall, 2003). Based on this model family professionals can be determine the level and style of family functioning on each dimension of this model and to guide treatment planning to strengthen particular components of functioning toward clearly specified and realistic objectives. Thus, family professionals such as counselors and therapists not only use this model for reduction or interruption of extreme dysfunctional patterns, but also they have effort for directed systematically toward promotion of more functional patterns (Olson, 1999).

The literature review of this research did not identify any systematic studies which be analysed the structures of family dynamics based on Circumplex Model in each stage of family life cycle among Iranian couples. This research will be

addressed a gap in the literature by investigation the hypothesis. This study is consists of the following objectives.

1- To analysis of family cohesion, family flexibility and family communication (based on FACE IV) in formation stage, expansion stage (childbearing and preschool children, families with school-age children, and families with teenagers), contraction stage, and post parental stage.

The following research hypotheses will be investigated in relation to the purpose of the study too:

1. There are differences between cohesion ratio (based on FACE IV) in formation stage (Married couples without children), expansion stage (childbearing and preschool children, families with school-age children, families with teenagers), contraction stage (Families launching young adults), and post parental stage (Families in later life) among Iranian married females and males.

2. There are differences between flexibility ratios (based on FACE IV) in formation stage, expansion stage (childbearing and preschool children, families with school-age children, families with teenagers), contraction stage, and post parental stage among Iranian married females and males.

3. There are differences between family communications (based on FACE IV) in formation stage, expansion stage (childbearing and preschool children, families with school-age children, families with teenagers), contraction stage, and post parental stage among Iranian married females and males.

PROCEDURE

The researchers will be randomly selected the 500 couples (females and males) who living together at least six month in each stage of family life cycle in Tehran as a capital of Iran. The age of respondents will be between 20-70 years old.

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RESEARCH METHODOLOGY

Survey questionnaire will be employed for data collection. The questionnaire included two parts. The first part of the questionnaire contains demographic questions that will be used to gather a description of the sample. The second part includes Family Adaptability and Cohesion Evaluation Scale (FACES IV Package) based on Circumplex Model. The stratified sampling method will be used in this study. This method was used for gathering quantitative data, because it ensures researcher that the resulting sample will be distributed in the same way as the population in terms of the stratifying criterion (Bryman, 2012). The statistical program SPSS software will be use to analyses. This research applied the descriptive analysis for finding demographic information and Two-way analyses of variance (ANOVA) were performed for determining the “ main effect” for each independent variable and also explore the possibility of an “interaction effect (Pallant, 2010).

CONCLUSION

Regarding to reports of family psychologists, the number of problematic families has been increased (Benton, Robertson, Tseng, Newton, & Benton, 2003). It's seemed the root of problems is in unhealthy function patterns among families. For this reason, the researcher will be analysis family dynamic patterns based on Circumplex Model among Iranian families with concentrating on the role of family life cycle and gender. The research objective and hypotheses of this study will be developed to focus on exploring and understanding family structure patterns. The findings can be help to greater understanding and more information about the family dynamics (e.g., cohesion, flexibility, communication) across the family life cycle among Iranian families.

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