

**B. A. Part – III
Paper – VIII
Family Dynamics
Unit -1
Topic – Advantages of Nuclear Family**

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Nuclear family system is a family structure that consists of two parents living with their children, also known as an immediate family. Nuclear family Which include a mother, father and children living in the household, are what many consider ‘typical.’ However, as the social landscape changes, so do ideas and perceptions of different family types. Every family structure has advantages and disadvantages.

Approximately 68 percent of children live in a nuclear family unit, according to 2016 U.S. Census data. In general, people view this family structure as an ideal or dominant arrangement to raise a family. Two married parents and their children living together provides a favorable image for many reasons.

Advantages of Nuclear Family

1.Strength and Stability

Children born into a marriage tend to have more stability than children born into cohabitation. Pew Research Centre found that 20 percent of kids born to married parents experience divorce, while nearly 50 percent of kids in cohabiting families experience divorce. Both of these groups of children have a better chance to one day live with a married couple than kids born to single moms. Committed spouses or partners model a loving, caring, and supportive relationship for their children. This translates into future success when children learn how to seek positive relationships and interact well with others. Children see partners work together to solve problems, delegate household responsibilities, and support one another through positive and negative issues.

2.Financial Stability Equals More Opportunity

Many nuclear families have enough economic stability to provide children with luxuries, opportunities, and a safe environment. Pew Research Center notes 57 percent of households with married parents were well above the poverty line while only 21 percent of single-parent households were. Children in nuclear families may be able to attend dance, gymnastics, music or other types of classes, especially when both partners work outside the home. Children with these opportunities are more likely to be successful academically and socially.

3.Consistency Means Behavior Successes

The successful nuclear family provides children with consistency in caretaking. Children who have both stability and consistency in their lives are more likely to exhibit positive behavior, earn good grades in school and become more involved in community and extracurricular activities. The nuclear family may eat dinner together on a regular basis, go to

church or temple, and take family vacations which strengthens relationships and builds a solid foundation for future life goals.

4.Encourages Education

Proud family standing with graduate SOURCE

Children born to parents with college degrees are more likely to attend and complete college themselves. An analysis by the Council on Contemporary Families indicates educated parents are less likely to divorce and have more resources to provide for children. Pew Research Center adds that parents with degrees are more likely to be in the labor force, which increases family income level in educated, nuclear families. The placement of value on education combined with a higher income level improves the academic future of children.

4.Health Benefits

Overall, research suggests children in families with married, biological parents have better social,

emotional and physical health than other children. One reason for this is because married parents are less likely to abuse children. Nuclear families are also more likely to use emergency rooms and may have the means to provide good healthcare for children. The emotional strain on children living in a non-violent household with two parents is significantly less than children living with one parent or other caregivers.

5. Communication Skills

Communication between family members in a nuclear household features fewer obstacles and distractions. With technological advances, these families increase communication from outside the home. According to an analysis by Pew Internet & American Life Project, nuclear families are the most likely of all family types to use internet and cell phones. This allows parents to better monitor child internet use and participate in online activities with children. Kids with cell phones have the means to

keep in contact with parents about schedule changes and emergencies.

6.Connection to Family During the Aging Process

Those who grow up in a stable nuclear family have a better chance of keeping family ties intact and therefore having familial connections during the aging process. As children from nuclear families age, they will tend to have more familial support versus children who have one parent and no siblings. This can leave those from nuclear families at an advantage when it comes to economic and emotional support as parents and/or siblings experience illness and eventually pass away.