

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

**Dr. Deepika Taterway
Assistant Professor
Guest Faculty
Dept. Of Home Science
M. M. C., P. U., Patna**

Disadvantages of Nuclear Family

A nuclear family is more likely to become isolated from their extended family members. They do not get to see their grandparents, aunts and uncles as frequently, making it harder to bond with extended family.

What is the disadvantage of a nuclear family?

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There are many disadvantages of nuclear family. To name a few :

Couple don't get a chance to learn anything from their elders.

Children don't get proper love and affection from their grandparents.

Couples lack patience due to distance from in-laws.

Couples have to share all the responsibilities with themselves whether they possess its knowledge or not.

In most of the cases when a couple become parents they are confused how to handle the situation. In many cases they even committ mistakes which converts into crimes.

Couples hesitate to share their problems due to ego.

Children don't get chance to learn etiquette.

Nowadays women are also working. We get lots of money but satisfaction is zero. Reason behind this is also nuclear family.

Children are spoilt because no elder is at home to keep an eye on them.

Nuclear families, 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.

Disadvantages of the Nuclear Family

Every type of family experiences problems and emergencies throughout life. The nuclear family format is not always a viable option for several reasons.

1.Extended Family Exclusion

The nuclear family unit provides a strong bonding experience for immediate family members. The smaller family size allows individualized attention towards partners and children which creates lifelong bonds. However, one analysis published at Preserve Articles points out that the nuclear family unit can isolate people from other relatives and relationships. This breakdown of the extended family unit, won't be beneficial in hard times. Grandparents, aunts, uncles and cousins have a place within a family structure, but the nuclear family doesn't always foster these relationships.

2.The Realities of Burnout

Acts International suggests family members, particularly mothers, have a tendency to burn

out from attempts to meet every person's needs. The focus on children can be overwhelming and leave little room for parents to take care of themselves. Without help from extended family, parents may need to take off work to care for sick children. The struggle to balance the demands of work, family and friendships without outside assistance leads to stress, depression, anxiety or other problems.

3.Conflict Resolution Skills

While less conflict and decreased family stress is an advantage of the nuclear family, it also puts the family at a disadvantage. Conflict is a part of life, and conflict resolution skills are beneficial in school, the community and the workplace. Nuclear families can develop like-minded thinking, leading to fewer arguments within the family unit. However, it can increase

the disagreements with extended family members. Extended family with differing opinions and ideas can help families see alternate viewpoints and learn to deal with outside opinion and conflicts.

4.Small Support System

Emergency situations, such as an accident or even a time of illness, can leave small nuclear families in crisis. The Preserve Articles analysis points out how extended family structures offer built-in help for these scenarios. In a nuclear family where both parents work and have young children, the ability to meet all expectations and needs solely within the family unit is not always feasible. Multi-generational households offer assistance as needed.

Frustrated father holding crying babySOURCE

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6. Compounding Stereotypes

The emphasis on the nuclear family as best practice exacerbates stereotypes of single mothers, family structures based on religion, and cultural family structures around the world. The International Encyclopedia of Marriage and Family suggests nuclear families are not as historically prevalent as originally

believed. The symbolism this idea represents is an ideal for all to seek while those in other scenarios earn criticism. This normalized ideal influences public policy and government programs, which can exclude different family types.

7. Self-Centered Worldview

According to the Concordia University – St. Paul, the traditional nuclear family is child-centered. This means the focus is on the immediate family, children in particular, for all facets of life. The family unit strives to meet its own needs and places secondary emphasis on others. This viewpoint can lead children to selfish tendencies and thinking. It can also create a narrow worldview where the greater good of society gets little consideration.