FAMILY CRISIS

Crisis is a crucial situation that requires changes in normal patterns of behaviours. A family crisis is a situation that upsets the normal functioning of the famil and requires a new set of responses to the stressors. There are external crises such as hurricanes, tornadoes, downsizing, and military deployment. They can be internal such as alcoholism, infidelity, Alzhemier's disease, or personal such as when one has a debilitating illness.

Both stress and crises are a normal part of family life. Sometimes they are part of the developmental sequence such as pregnancy, childbirth, and job loss/change, children leaving home, retirement, and widowhood.

Stages of Family Crisis

Family crisis usually has three stages: onset, disorganization and reorganization.

Stage I or Onset is the start of the crisis and the increasing realization that a crisis has occurred. The initial reaction may be disbelief. The task during this stage is to define the problem and to gradually accept that a crisis does exist.

Stage II or Disorganization is a time when shock and disbelief may make it impossible to function or think. Sometimes the effects of the stress are delayed. Drug/alcohol abuse may increase during this time. It is a time that the family is in chaos and hitting the bottom.

Stage III or Reorganization is when the family members take action. The family members take action. The family reorganizes at a new level. This level may not be like the old level and can be better or worse, but it is

higher than the old level and starts the family in a new direction.

Different Types of Family Crises

Family crises include: arrival of a new baby, clashes of personality, relocation of family, change of job, loss of job/employment, divorce, problems at school, crop failures and declining market, illness, accidents, death, insecurity, etc.

Arrival of a new baby. The arrival of a new baby is normally a joy to the family but it can also be a source of crisis, if not planned properly. The father may feel neglected as mother turns all her attention to the baby. More money would be needed for the baby's needs.

To manage this situation, the family next time should plan and prepare properly before child birth. The father and older children, (with maid) should be involved in some aspects of child care.

Relocation of Family. Sometimes a family may have to move from the community, town or state where they live to another. They have to get used to their new location, meet new people, attend new schools, find out new shopping centers, churches, mosques, hospitals, etc. These situations are sources of crises.

To manage, the family ought to plan well in advance in case of next time. They ought to freely ask questions about the new community to neighbours. The family should join social groups so to help facilitate their integration into the new society.

Change of Job or Employment. Homemaker/wife or mother who was not working before might get a job. Such work-related changes can affect a family as it may bring changes in income that requires adjustment and decisions about spending. Also, it may imply a higher responsibility of family members, especially children.

The family should plan together. New responsibilities should be shared. A maid may be employed.

Loss of Job. When a family member especially the breadwinner, losses his job, a serious crisis results. Loss of job could be as a result of unexpected retirement, retrenchment, redundancy, when the establishment is distressed and folds up. In such situations, family needs can no longer be met.

The family should review family goals. Alternative employment must be sought. Family members may have to take on new responsibilities. In case of another employment, the family should plan on a family business.

Family business failures. The failure of family business is a crisis just as loss of job. It results in a

decline in the net worth of family, and thus requires a scale down in spending to cope.

The family should strive to note the cause of business failure and try to avoid such in case of next time. If the cause of business failure is location then relocation would be an option. Also, a change of business could be the option if failure is due to the type of business of the family.

Illnesses and Accidents. A serious illness or accident can greatly disrupt family life and lead to crisis. Family members are naturally worried and upset to see someone they love suffer. Prolonged illness or big injury can also take a lot of family's money, leaving the family poor or in dept.

In case of next time, the family should strive to prevent illnesses and accident by changing lifestyle. The family should try to learn basic health care and first aid.

The family should take a form of health insurance. The patient or injured should be taken to a reasonable and affordable hospital for immediate care.

Death of a Family Member. Death is traumatic. It causes severe emotional shock. The death of a family member may shatter the lives of the other members. For instance, the death of the breadwinner could mean the loss of hope for children's education.

The new family should strive to meet as one and take comfort in each other, bury the deceased and plan their resources to meet their needs. New responsibilities may be shared among family members.


I am
Mr Young
Your
Personal
Computer
Buddy
Your
Kids
Maths n Science
Buddy
Your
Personal
Marketer/
Promoter
Hire Me
mryoung.presmaltra.com.ng
08164353054
marketer
teacher
computer programmer