

LECTURE-11

HUMAN RELATIONS AND FAMILY HARMONY

Building Blocks of Family Harmony

Families are the essential building blocks of any society and happy families make a happy society. Everyone wants to live in a happy family as family is the place where human beings find the accomplishment of life. Modern families often face multiple relationship issues which have emerged as contribution of the changed life style and less intense relationship.

Living in a happy family is important to mould each and every human being into responsible social beings. Home and families are places where kids and elders live with a feeling of security and also places of sharing, love, care and concern. Mutual understanding, adjustments and love creates the unbreakable bond between family members and if taken care of certain aspects, any family can be made a happy family. Making a happy family is no magic as it requires just an extra strained nerve to nurture love, to facilitate communication and to make each feel contented and secure. Let us see few of the inevitable building blocks that make a happy family.

1. Be there for each one in the family

Presence or availability is the most essential bonding factor that enhances the family relationship. Parents should be available for kids in each of their needs and similarly the couples each other. It should be with the family that each of the family members spends most of their time. Never take the work stress or other unwanted tensions home. As you step into the home, the prior concern should be home only.

Find time to talk to each of the members and arrange activities for the entire family to take part. Family prayers, cooking, watching television, outing etc. are perfect family activities to make a happy family. Family should not be considered a place to just rest after the work and eat the food.

2. Express the affection and warmth

Many people say that they love the family and when it comes to the action they remain unexpressive and quiet. Family is the place one learns the basis of love, affection, warmth, encouragement and sharing. Express your affection and attachment towards other members in family through gestures, action and words. Telling just the three words "I Love you" makes other understand the depth of your concern for them.

Do not miss an opportunity to be affectionate with the parents, siblings, spouse and kids. Let the entire family move on experiencing a warmth feeling. Unexpressed love is equal to no love at all. Encouragement is another important aspect that boosts the happiness and affection in the family. Be lavish enough to encourage the family members in all their attempts and even for the small/minute successes.

3. Communicate frequently and effectively

Communication is the key to build a jovial family. Be positive in your communication within the family and truly, the positive communication is the language of love. Talk to each other in the family frequently and allocating some family time together every day is helpful to this purpose. Even between the spouses, talking eases the tensions and promotes the attachment. Never argue or shout at each other unnecessarily. Family should be a place everyone wants to be with always.

4. Rituals of affection and honour

Experts say that family rituals are mandatory to maintain the relationships. There are specific practicable family rituals same as religious or national. Weekly outdoor dinners, monthly pleasure trips, family songs, visiting relatives, family cooking day etc. are some of the family rituals that are helpful to bind the entire family with the strings of affection. Such activities are also called rituals of honour as they help each of the family members to understand each other and learn to honour them.

5. Fights, blames and anger are destructive

Parents should be cautious not to fight before the children and blame each other for mistakes. Horrifying expressions of anger is also equally destructive. When one of the family members makes the entire family life worse with such negative expression, other may feel family as a disliked place to be in. When parents fight before the kids, they are in fact teaching the kids with a wrong lesson of communication. Children of fighting parents may become rebels and antisocial in the future life.

6. Equality is the best quality

Considering each of the family members equal and not being partial to anyone is the best qualities a family member can possess. When everybody in the family is considered equal it boosts the confidence, security feeling and affection. Accept the opinions of everyone in the family when family related decision are taken and also

facilitate mutual respect among family members if you wish to convert your family into a happy family.

7. Forgive and forget

To forgive and forget are the hardest things any human can do. We often say we forgive but deep down inside, we bear resentment and grudges against the party who wronged us. This influences our future dealings with that person. Then a whole lot of negative emotions like anger, jealousy and disagreement will come every time we compare ourselves with that person. There can be no true happiness without truly forgetting others who” trespass against us”. Thus, forgetting past wrongs is beneficial to our own happiness.

Maintaining happiness in the family reaps beautiful rewards. Start with little things and transform your happy family into a perpetually/forever happy one.