Impact of Family and Home Environment

ABSTRACT:

This study delves into the profound impact of home environments on the current generation, analyzing the effects of both healthy and unhealthy settings. Through a comprehensive survey distributed among peers and supplemented by information from reputable sources, the research aims to understand the distinction between an ideal and a general home environment. The findings reveal that residing in an unhealthy home environment correlates with negative emotions, stress, anxiety, and a lack of emotional stability.

The absence of positive communication enhances feelings of isolation and sadness, hindering personal growth and damaging mental well-being. Conversely, a healthy home environment yields positive effects, shaping emotional and physical well-being. Stability and security contribute to a sense of safety, while positive family interactions enhance social skills and promote a healthier lifestyle. The ability to express thoughts and feelings constructively is appreciated in a supportive family environment, providing a foundation for academic and career excellence. This report underscores the crucial role of home environments in shaping the holistic well-being and potential of the current generation.

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INTRODUCTION:

Subject Background: The impact of home environments on individuals, particularly the younger generation, is a subject of growing concern and interest. In recent years, there has been a shift in societal awareness, with a focus on holistic well-being, mental health, and emotional development. The home, traditionally seen as a place of shelter, has now become a focal point for discussions on emotional stability, personal growth, and social development. The changing dynamics of family structures, increased awareness of mental health issues, and the influence of technology have all contributed to a shift in the way we perceive and understand home environments.

Problem: Within this evolving context, several issues and gaps in our understanding of the impact of home environments have emerged. These include the lack of comprehensive studies that investigate the relationships between various aspects of home life and individual well-being. While there is existing research on specific aspects of

home environments, such as family communication or the physical setting, there is a need for a holistic perspective that considers the interplay between these elements. Furthermore, there is a limited exploration of the potential contrast between ideal and typical home environments and how these impact emotional and social aspects of life.

Motivation/Justification: The motivation behind this literature review is to address these gaps and offer a comprehensive analysis of the subject. The increasing importance of mental health and well-being in contemporary society, combined with the potential influence of home environments, underscores the need to understand this relationship thoroughly. The organization of this report will follow a structured approach, examining various facets of home environments and their consequences on the well-being of individuals.

By reviewing the existing literature, our goal is to provide valuable insights into the impact of home environments on emotional and psychological well-being, social development, and academic and career success. The justification for this review is to offer recommendations and guidance to individuals, families, educators, and policymakers interested in creating home environments that nurture the holistic development and potential of the current generation. Through this literature review, we aim to enhance our understanding of this vital subject and contribute to the broader conversation on well-being and the role of the home environment in shaping it.

BODY:

In our study, we sought to unravel the intricate dynamics of home environments and their impact on individuals. To gather valuable insights, we conducted a survey using Google Forms among our peers, aiming to understand the diverse aspects of their home environments. Complementing this primary data, we turned to

reputable sources and integrated findings from Fagan's (1999) research, which illuminates the profound influence of parental marriage and income on children's future prosperity. Fagan's work outlines the significant repercussions of divorce on children's well-being, emphasizing its effects on educational achievements, psychological health, and even the likelihood of engaging in early sexual relationships. Importantly, the consequences of divorce reverberate through generations, with children of divorced parents facing similar challenges as their predecessors. In contrast, children raised in two-parent households are less likely to experience divorce themselves. Further enriching our exploration, Dr. Alam's (2016) researcher from MANUU College in India sheds light on the critical role of the home environment in shaping educational and career decisions. His work underscores that an individual's path is influenced by external factors, including family socio-economic status and the home atmosphere. Career decisions, as revealed by Dr. Alam, transcend mere intellectual considerations, incorporating psychosocial elements such as parental and school influences, as well as the individual's level of career maturity. As we delve into the body of our report, it becomes evident that the home environment is not just a backdrop but a pivotal institution for growth and development. It influences educational achievements, career choices, and even the long-term well-being of individuals. By synthesizing our survey data with the insights from Fagan and Dr. Alam, we aim to present a comprehensive understanding of the multifaceted impact of home environments on the lives of the current generation.

Our study aims to provide data and analyze how the current generation is being affected by both healthy and unhealthy home environments. Our study explores the difference between an ideal home environment and a general home environment.

Age
125 responses
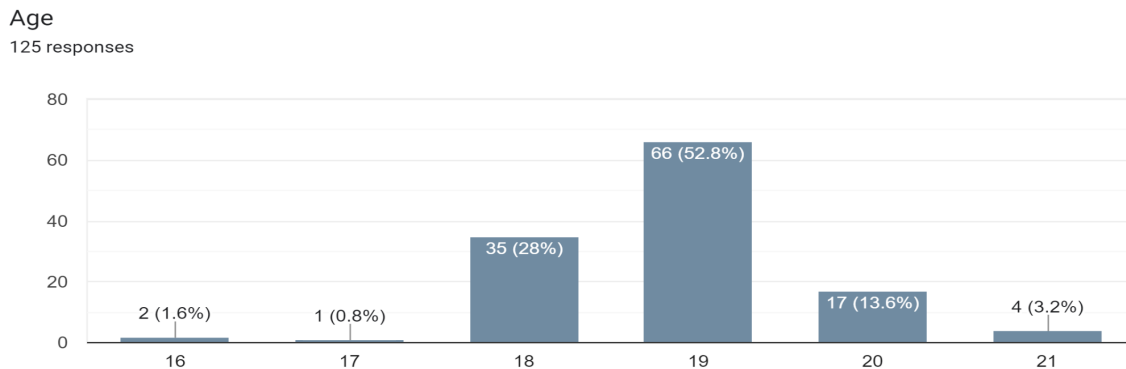
We circulated our google form among our peers and found that 83% of people are comfortable with sharing their identity. Most of them belong to the age group 18-20 in which 28% are 18 years old, 52.8% are 19 years old and 13.6% are 20 years old.


GEOGRAPHICAL DATA

GENDER DATA
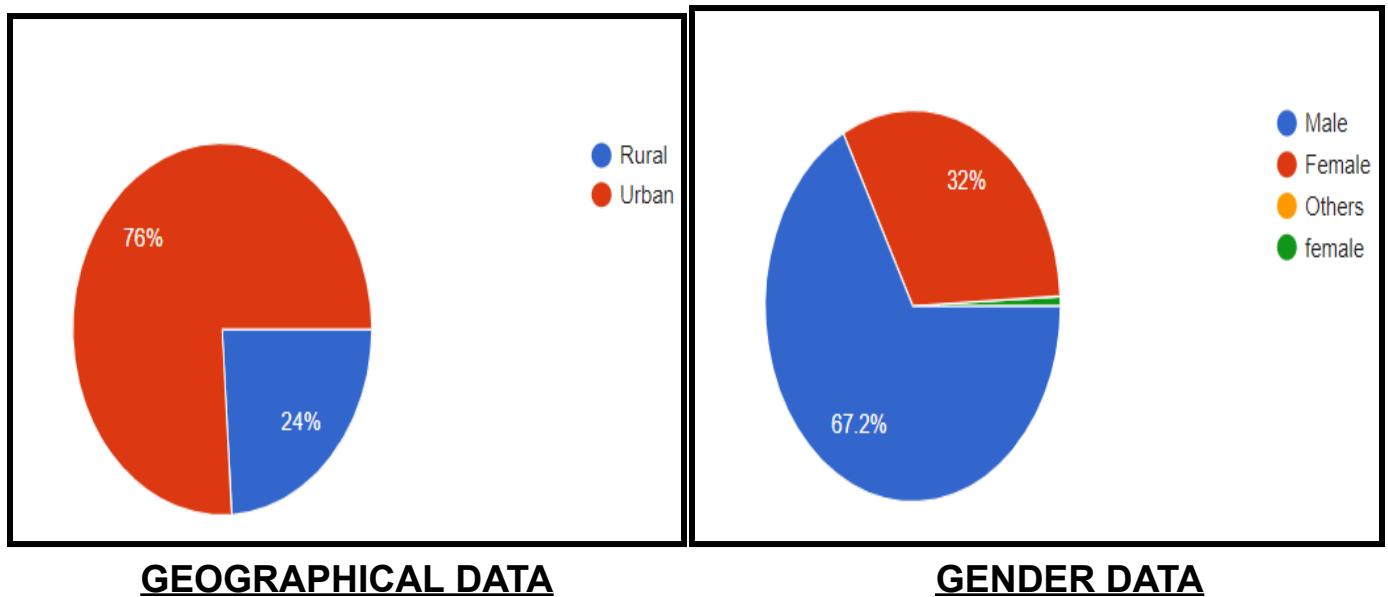
Majority of people, 69.6%, live in a small family with 4-5 members. Some people want their family to be open with conversations because 58.4% of respondents believed that their family does not have transparent conversations.
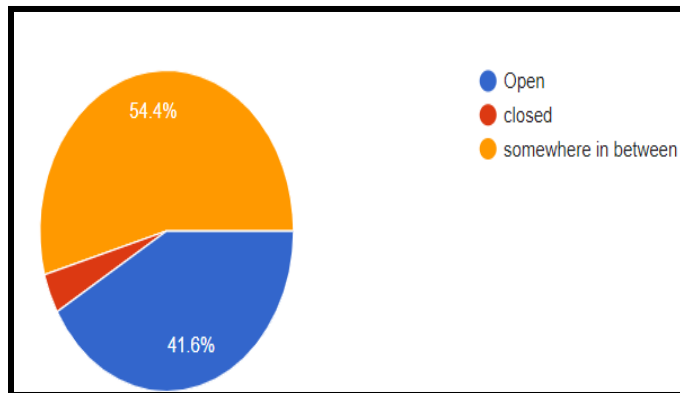
"Family should be open to hearing your perspective, without jumping to conclusions. Once our parents stop living for society and their words and judgments, our relationship with our parents will improve exponentially."

COMMUNICATION PATTERN DATA
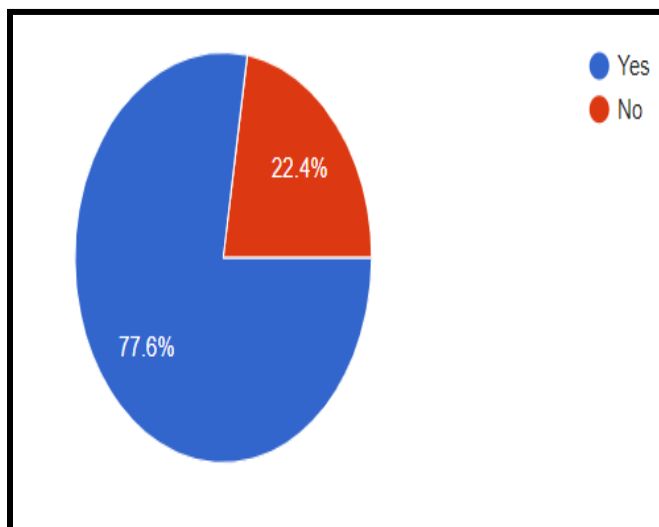
As the above data suggests that 58.4% families have a closed communication pattern, but at the same time 77.6% respondent feels that they are comfortable in sharing their thoughts and concerns to their family.

CONCLUSION:

From our research we found that living in an unhealthy home environment leads to negative emotions and experiences, individuals may feel stressed, anxious and lack emotional stability. The absence of positive communication contributes to the feeling of isolation, sadness and weak sense of well-being. Negative and unhealthy home environment hinders an individual's personal growth and damages their mental state.

And at the same time, a healthy and positive home environment yields positive effects which shapes both their emotional and physical well-being. A healthy home environment typically offers stability and security, contributing to a sense of safety. Good interaction within the family enhances social skills and promotes a healthier lifestyle. Healthy home environment fosters the ability to express thoughts and feelings constructively. Supportive family environments provide the foundation for individuals to excel in academics or whatever career they choose.

ACKNOWLEDGEMENTS:

REFERENCE:

https://www.policyarchive.org/download/8311:- Fagan,(1999), states about how marriage and income of parents has a massive effect on their children's future prosperity and that of the next generation.

https://pdfs.semanticscholar.org/9817/4452d801a32c193fcb77f757f594c11fec74.pdf:- Dr. Alam, Mahmood an assistant professor at MANUU College ,(U.P), India, (2016) discusses in his research article "Home Environment and Academic Self-Concept as Predictors of Career Maturity".