

### **DECLARATION**

I hereby declare that the research work titled "A Comparative Study of Child-Rearing Practices in Nuclear and Joint Families within Ward Number 7 of Rajbiraj Municipality, Saptari" is my original work and has been carried out under the supervision of Mr. Saroj Giree Sir. This study has not been submitted for any other degree or examination and is conducted in accordance with the ethical standards of research.

I confirm that all the information and data presented in this study are accurate and have been obtained through proper research methodologies. I have duly acknowledged all sources of information and literature referenced in this work, ensuring that the contributions of other researchers are recognized.

I take full responsibility for the content of this dissertation and affirm that it reflects my understanding and interpretation of the subject matter.

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**LETTER OF RECOMMENDATION**

This is certified that the thesis titled ‘A Comparative Study of Child-Rearing Practices in Nuclear and Joint Families within Ward Number 7 of Rajbiraj Municipality, Saptari’ has been submitted by Rinkey Marar is an original research work done under the guidance of my supervision and leading. I hereby recommend this thesis for final approval and acceptance by the Master’s Degree program in Social Work, Central Department of Social Work, Tribhuvan University, in the fulfillment of the requirement for Degree of Master in Social Work.

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**LETTER OF APPROVAL**

This thesis entitled ‘A Comparative Study of Child-Rearing Practices in Nuclear and Joint Families within Ward Number 7 of Rajbiraj Municipality, Saptari’ presented by Rinkey Marar in partial fulfillment for the requirement of Master Degree of Arts in Social Work in Humanities and Social Science has been evaluated and approved.

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.....

Rinkey Marar

## ABSTRACT

This study aims to compare child-rearing practices in nuclear and joint families within Ward Number 7 of Rajbiraj Municipality, Saptari, Nepal. The research objectives are to explore distinct child-rearing styles employed by parents in these family structures and to understand the challenges and prospects they face in child-rearing.

The study employs a comparative analysis approach, drawing on theories such as Bronfenbrenner's Ecological Systems Theory and attachment theory. Data will be collected through self-completed questionnaires and structured/unstructured interviews with parents from both nuclear and joint families.

The findings are expected to contribute to the existing knowledge on caregiving practices in different family structures in the context of Rajbiraj, where societal transformation from joint to nuclear families is underway. The results will inform policymakers and practitioners in developing targeted interventions to support families and enhance child welfare and development in the region. The study acknowledges limitations in terms of generalizability due to cultural specificity and reliance on self-reported data.

*Keywords: child-rearing practices, nuclear families, joint families, Rajbiraj Municipality, child development*

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**List of Abbreviations**

APA: American Psychological Association

MLA: Modern Language Association

CHICAGO: Chicago Manual of Style

UNICEF: United Nations Children's Fund

WHO: World Health Organization

NHRC: Nepal Health Research Council

NRNA: Non-Resident Nepali Association

FGD: Focus Group Discussion

IDI: In-Depth Interview

KII: Key Informant Interview

SES: Socioeconomic Status

IRB: Institutional Review Board

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## **CHAPTER-I**

### **INTRODUCTION**

#### **Introduction**

The paper entitled "A Comparative Study of Child-Rearing Practices in Nuclear and Joint Families within Ward Number 7 of Rajbiraj Municipality, Saptari" exposes how families differ as a function of the extent of family closeness and child-rearing practices. Children in joint families enjoy greater benefits, including enhanced parentchild affection, high self-confidence, empathy, environmental mastery, better cognitive complexity, and differential child-rearing in favor of girls. Parents and children perform more creatively and are likely to have the basic assurance that someone is there to provide help when needed. Social, religious, and educational functioning of joint families helps reduce child stress and consequently eases parents' feelings of burden.

The family is the first smallest social group comprising members who are related by some defining biological, spiritual or legal bond. Joint family system is the one that involves a combination of married family and their paternal relationships. It is derived from the Latin word 'cunning' means joined by function. The joint family organizations may be based on a patriarchal or polyandrous system. People stay in their native places to live with their children and grandchildren which we call the joint family. The joint family is managed by the head of the family, which is mostly in Indian traditions Grandmother or the first eldest mother. They provide food, medical and other daily required items for the family. It is the longest practice we observe, and people are very much happy, living in the joint family. The work is shared among the seniors in the family, and in this way, it becomes easy for every member to complete their daily work responsibilities. The relationship and the bonding are increased among the family members, and all are united in case of any unwanted incident took part. Every family member has their responsibility to share. Our joint family has a readymade, like a safety net, at any time.

The nuclear family needs to depend on the government or the neighbors. The important thing everyone can observe in the joint family is the relationship and bonding of the family members. No one will be left out if they stay in the joint family. Every step taken by the family member is achieved successfully. There is no situation comes to occur where they need to be left isolated. Now and then they will receive all the help that they required. The cost will be saved if we take the help of each member; the members can

make the major decision in order to come to success. The homework given to the college students can be easy with the help of the grandparents. Every day is a celebration in the joint family. During the summer everyone can enjoy happily as the parks and vacation. The joint family always believes that "The family that prays together stays together." In the joint family, the values are upheld and are passed to the next generation. Every occasion is celebrated on time and also they do all the cultural practice following the family tradition. Everyone more than the involved in all of this than in the nuclear family.

Historically, joint families have been the predominant family structure in many parts of South Asia, including Nepal. However, recent decades have seen a gradual shift toward nuclear families, consisting solely of parents and their children. According to the National Census 2021, 60.1% of families in Nepal are nuclear, while 39.9% are joint families, showing a significant demographic trend. This shift reflects broader societal changes, including economic pressures and changing gender roles, which have influenced family configurations and child-rearing practices.

Although the family is a primary agent of socialization, little is known about the family dynamics of child development in joint families compared to those in nuclear units in urban settings. The development of levels of independence and autonomy, peer interaction, and cognitive and verbal abilities of children in a joint family system need to be examined, as entry into the larger community of family-centered institutions, ranging from schools to camps, also needs exploration. There is, therefore, a need to revisit whether the joint family structure is better or at least equal to the nuclear family structure to provide requisite help in child development.

### **1.1 Background of the Study**

Child rearing stands for the way or strategy as well approach that applies to raise and grow a child from birth to adult time period of an individual. It stands for the method in which the parents significantly uses different ways to raise their children. Parents raise their children in various ways all around the globe which are influenced through various cultural backgrounds, social norms and values and so on.

There is not any specific right way to raise a child as parents raise their child as per their own way and their needs and viability of their sources. They raise their children through various approaches including their care and involvement. Here are some ways

of child caring that the number of parents are using as per to raise their children which are described below significantly:

Permissive: A child-driven approach with minimal rules, often leading to overindulgence to avoid conflict.

Authoritative: Parents engage in problem-solving with their children while establishing clear expectations and rules.

Neglectful: Characterized by low demands and low responsiveness, resulting in minimal nurturing and guidance.

Authoritarian: High demands coupled with low responsiveness, enforcing rules without considering children's emotional needs.

These differing approaches significantly impact child development, influenced by the family structure in which children are raised. This study focuses on comparing childrearing practices in nuclear and joint family environments within Ward No. 7 of Rajbiraj Municipality, Saptari, aiming to understand the distinct approaches prevalent in Nepali society.

Rajbiraj's cultural environment shows both traditional and modern child-rearing approaches. The community's cultural norms and economic realities have a substantial impact on family structures and child-rearing dynamics. Understanding how various family patterns influence child-rearing practices is crucial for developing targeted therapies and policies that enhance child welfare and development.

Several studies have found that family structure can influence various areas of child development, including cognitive, social, and emotional results. Children raised in joint homes typically have better social skills and stronger family relationships, but those reared in nuclear households may develop more independence and self-reliance. This study intends to improve understanding of child development in Nepal by embracing a broader literature base and investigating various parenting styles, as well as to inform policies and programs that support families and children. By applying these suggestions, the introduction and background will provide a better understanding of the study's significance, context, and consequences for Nepalese child-rearing methods.

Joint families have traditionally been the most common family arrangement in much of South Asia, including Nepal. Multiple generations coexist in this system, with extended family members caring for and supporting children (Shrestha, 2012).

However, in recent decades, there has been a progressive shift toward nuclear families, which are made up entirely of parents and children (Acharya & Ghimire, 2005).

#### Nuclear Families

Nuclear families, comprising parents and their children, often provide a focused environment for child upbringing. This setup allows for direct parental involvement and promotes individualism and independence in children. However, it may also lead to challenges such as limited social interaction and support, especially in dual-income households where both parents work (Cowan & Cowan, 2000).

#### Joint Families

A more cooperative method of raising children is used by joint families, which comprise grandparents, aunts, uncles, and cousins. By providing children with a diverse range of role models and a more extensive support system, this framework fosters a sense of community and shared responsibility in them. However, it may also result in less individual attention and potential conflicts arising from differing parenting styles and generational gaps (Gupta, 2011).

#### Influences on Family Structure

Cultural norms, economic realities, and societal values all have a significant impact on the presence and operation of different family forms in Rajbiraj Municipality. Understanding the impact of these family types on child-rearing behaviors is critical for establishing targeted treatments and policies that promote child welfare and development. Studies have shown that family structure affects several aspects of a child's development, such as their emotional, social, and cognitive results (Shrestha, 2012; Chalise, 2010). While children raised in nuclear households may become more independent and self-reliant, children raised in joint houses have deeper family ties and higher social skills (Acharya & Ghimire, 2005).

#### Cultural Context of Rajbiraj

Rajbiraj, in Nepal's Saptari district, combines traditional and modern child-rearing traditions. Cultural norms and economic situations within the community have a considerable impact on family structures and child-rearing dynamics (Karki, 2014).

#### Comparative Analysis of Child-Rearing Practices

Studies have shown that family structure affects several aspects of a child's development, such as their emotional, social, and cognitive results (Shrestha, 2012;

Chalise, 2010). Children raised in mixed households may benefit from a larger social network and more diversified role models, improving their social skills and emotional resilience (Bhandari & Dhamala, 2020). In contrast, children in nuclear families may receive more focused attention from parents, potentially leading to different developmental outcomes.

Overall, this comparative analysis of child-rearing practices in nuclear and joint families aims to enhance the understanding of child development in the context of Nepal and inform policies and programs that support families and children.

## **1.2 Statement of Problem**

Child-rearing practices significantly influence the developmental outcomes of children; however, there is a lack of comprehensive understanding regarding how different family structures—specifically nuclear and joint families—affect these practices in urban settings like Rajbiraj Municipality. Historically, joint families have provided a supportive environment through multi-generational interactions. Recent demographic trends show a shift towards nuclear families, which may alter childrearing dynamics. Despite the importance of family as a primary agent of socialization, existing research has not adequately explored the comparative effects of these family structures on child development, particularly in Rajbiraj. Research on the effects of parenting methods, social support levels, and family closeness in nuclear versus joint households on children's cognitive, social, and emotional development is desperately needed.

By examining whether nuclear families provide sufficient support for raising well-adjusted children or whether the joint family structure has an advantage over nuclear families in terms of child development, this research intends to close the gap in the literature. To promote child welfare and development in the area, specific treatments and policies must be established, and this requires an understanding of these patterns.

## **1.3 Hypothesis**

This hypothesis reflects the population aging toward the mentioned joint and nuclear families within Rajbiraj while addressing the potential implications for child-rearing practices:

Null Hypothesis H1: Couples in Rajbiraj Municipality prefer nuclear family type because they assume that there are better education and job opportunities, thus, they face difficult times in the upbringing of children since they do not have the back-up support of the extended family.

Alternative Hypothesis H0: The probability of couples in Rajbiraj Municipality practicing nuclear family structures does not influence the difficulties encountered in child rearing since the support of the extended family is rarely available.

#### **1.4 Research questions**

These below are the research questions of the topic:

What are the distinct child-rearing styles employed by parents in nuclear families compared to those in joint families within Ward Number 7 of Rajbiraj Municipality?

What challenges and prospects do parents face in child-rearing within nuclear and joint family structures in Rajbiraj Municipality.

#### **1.5 Research Objectives**

##### ☐ General Objectives

- The aim of the study was to compare nuclear and joint families in child care in Rajbiraj municipality ward no 7, Saptari.

##### ☐ Specific Objectives

- Subsequently, the purpose is to explore child-rearing style of nuclear and joint family in Rajbiraj municipality ward number 7 Saptari.
- With the intention of this study to know the challenges and prospect of child rearing in a nuclear and a joint family of Rajbiraj municipality ward number 7, Saptari.

#### **1.6 Significance of the study**

The importance of this study therefore lies in its ability to contribute towards the development of hitherto, knowledge on the caregiving practices in nuclear and joint families to those living in Rajbiraj Municipality. Since Nepalese society has transformed from a distinctly joint family system to a more nuclear one, it becomes relevant to assess the impact on children's development. The objectives of this research are to compare and contrast the various factors that affect parenting strategies, socialization procedures, and emotional support, in each of the family structures specified above. Through these dynamics, the study will be useful in filling g the existing literature regarding various structures of families, their effects on children and upbringing in urban area where cultural and economic change.

In addition, the conclusion and detail implications of this study will benefit the policymakers and the practitioners, particularly in child development and family welfare. Since the research establishes the relative advantages and risks of nuclear and joint families, the findings are useful for developing strategies and interventions that

will help to support the nuclear and joint families in Rajbiraj. Such knowledge is crucial in creating a healthy setting for the children to grow and be in good health, in the long endeavor of transforming family systems and Childcare practices in Nepal.

### **1. 7 Limitation of the Study**

The study on child-rearing practices in nuclear and joint families within Ward Number 7 of Rajbiraj Municipality has several limitations that may influence the generalizability and richness of the findings:

#### **Geographical Limitation:**

Only a single ward out of all the municipal wards was selected for the research and it was Ward Number 7 of Rajbiraj Municipality. This geographic restriction may diminish the generalization of the findings to other geographical zones of Nepal. It may mean that cultural and socio-economic conditions may differ significantly from one region or territory to the other thus may affect child rearing practices and possibly family formation. Hence, one can only conclude that the given findings can only reflect the population of Nepal to some extent.

#### **Methodological Challenges:**

The methods of data collection mainly incorporated surveys and interviews and might have influenced the reliability of gains. Respondents' answers could be subject to social desirability bias that occurs when participants give responses that they perceive as being acceptable in society rather than their regular behaviors and attitudes. This can make the portrayal of actual child-rearing practices of attitudes erroneous to some extent.

#### **Lack of Longitudinal Perspective:**

There was no control for transition in family types and their children over time incorporated in the study. Perhaps one of the most significant weaknesses of the existing research is the lack of long-term data, which enables the exploration of causal relations between the structure of the family and the methods of raising children. This way, without noticing the process, how the family changes within a certain period of time, it is impossible to determine whether certain family structure influences children's development and which parenting practices are best to be employed in a particular family. **Time Constraints:**

The study was carried within a certain period of time which might have limited the number and type of data collected and analyzed. Constraints of time may limit the



opportunities to conduct interviews with higher detail or continued studies that would be more detailed and meaningful concerning the issues under discussion.

#### Resource Constraints:

The constraints of the study revolved around the resources as well, be it in terms of funding or access to certain facilities. Concerns of sample size or other assessments could have limited the extent of the study in terms of participants or kinds of data gathering techniques used. This could have an impact in the comprehensiveness and accuracy of the results gotten from the research.

### **1. 8 Organization of the Study**

- Chapter I: Introduction:

This chapter presents the background of the research and lay down the main framework of the work. It clearly demarcates the scope of the research work, where the main research problem is on exploring the child-rearing practices in nuclear and joint families within Rajbiraj Municipality, Ward No. 7. The research objectives are defined with focus on the purpose of the study and its importance and areas to be covered. Furthermore, the chapter presents details of the research methodology that has been used in the study and laid down the schedule of activities in the remaining chapters.

- Chapter II: Literature Review:

Drawing from the introduction, this chapter presents a review of the literature in child rearing practices especially with regards to nuclear and joint family settings. This paper identifies the dominant theories that will help in the analysis of the study, including the attachment theory, socialization theories, and family systems theory. Previous research on child-rearing in various family settings is reviewed in the chapter and the resemblances, contrasts, and existing deficiencies in studies are identified.

These form the foundation of the research questions and hypotheses of this analysis.

- Chapter III: Research Methodology:

This chapter describes the research approach and methods in the study, where, how and whom data was collected from. It contains a description of the features of the participants of the study in terms of the demographic data. Self-completed questionnaires or structured/unstructured interviews, accompanying questionnaires or interview guides are described along with their creation and the reliability and validity measures that were taken. Issues of ethics in data collection and protection of the participants are discussed.

- Chapter IV: Data Analysis and Findings:

This chapter is the third and final analytic chapter in which the researcher reveals the findings based on the analysis of the collected data. The quantitative data analyses begin with descriptive statistics to describe the sample population, after which inferential statistical tests are used to compare the practices of child rearing between the nuclear and joint family set up. The conclusions are straightforward and brief while the use tables, graphs, and other figures and such like are made where necessary. These ways, the key themes and patterns that are derived from the data are subject to analysis. •

- Chapter V: Summary/Conclusion/Recommendations:

The last chapter gives conclusions that connect the obtained results with the questions and aims of the research. The present findings are elaborated with regards to its limitations to policymakers, practitioners, and researchers. Recommendations for future studies is given based on the gaps that have been outlined in the literature review.

#### References

This section gives a list of all sources cited in the study arranged in the required style of citation (e. g. APA, MLA, CHICAGO).

#### Appendices (optional)

Any additional information that is related to the study can be placed in the Appendices section, for example, the copies of questionnaires used in the study, raw data, or detailed computations.

## **CHAPTER-II**

### **LITERATURE REVIEW**

#### **2.1 Theoretical Review**

The literature review of the study “A Comparative Study of Child Rearing Practices in Nuclear and Joint Families within Rajbiraj” is based on several theories that emphasize the link between the structure of the family and young people’s development outcomes. Using such framework, the study of the family type, particularly the nuclear and joint families, on child rearing practice as well as on the developmental aspects that include cognitive, social and emotional of the child will be arrived at.

##### **1. Bronfenbrenner's Ecological Systems Theory**

According to Bronfenbrenner known as Ecological Systems Theory developed in 1979, child development is a process affected by different systems starting from the immediate one that includes the family. Such interactions include the structural aspect of the family, and that is why this theory is more focused on the children and their closest surroundings. The theory stress on child development by observing the child and or the context in which child is placed and the interaction of the child with other elements. He has categorized the environment into five different systems; micro system, meso system, exo-system, macro system and chrono system. Regarding the backgrounds of Rajbiraj, the change of the microsystems from joint to nuclear families influences these aspects for children. The analysis of literature provided by Shrestha (2012) and Bhandari & Dhamala (2020) has shown that they get a larger social circle and support in joint families, so their social competencies develop faster in this type of families. Independent nuclear family increased the child personal freedom; but social change problems are also there in this case (Acharya & Ghimire, 2005).

##### **2. Social Learning Theory**

Social Learning theory means the process of acquiring the opinions, attitudes, and behaviors prevalent in society by observing the others and their actions. It also can be stand as the Imitating theory where a person imitates the social behaviors. Following this account, Albert Bandura’s Social Learning Theory (1977) gives a fuller account of the part played by observational learning in child development. According to this theory, children are able to imitate behaviors and manners from role models within their esteem family. In joint family, the children get a chance to be brought up by the different

caregivers other than the biological parents and other members of the extended family hence gains an opportunity of different social relationships and learning (Cowan and Cowan 2000). This exposure can even promote sociability, understanding of other people's feelings, cooperation, and interpersonal communication since they have to learn how to handle various social relations. On the other hand, nuclear family is believed to have fewer role models which might affect children's social learning experiences where they grow up (Gupta, 2011).

### 3. Family Systems Theory

According to Bowen's (1978) Family Systems Theory, family members are connected with each other and the behavior of family members on one level influences behavior at another level. Understanding of the fact that various generations of a family are intermingled makes the tasks in joint families more comprehensible as mutual interactions of generations contribute to parental stress reduction and improvement of child development. Though, it has been seen that this structure also results in conflicts due to different parenting methods and varied generation gaps (Gupta, 2011). It is crucial to comprehend these processes and relations to be able to design genderappropriate interventions for families residing in Rajbiraj.

### 4. Attachment Theory

Attachment Theory in particular was formulated by John Bowlby (1969), according to which the primary and lasting CON relationships between children and their caregivers are essential for normal psychological development. Thus, in spite of the complexity of joint family structures, children may build secure attachments because multiple family members who are capable of giving warm and loving interaction are usually present. That can promote improvements in self-regulation and general social skill levels. On the other hand, solely nuclear families increase possibility of forming secure attachment through caregiving if parents are involved with work or other obligations, which may affect the child's psychological health (Sharma, 2013).

**Conclusion**

This theoretical framework involves the use of Bronfenbrenner's Ecological Systems Theory of Development, Bandura's Social Learning Theory, the Family Systems Theory of Bowen, and the Attachment Theory to explain how and why family structure or organization affects child-rearing practices and child development results. Thus, understanding these theories in relation to Rajbiraj Municipality will help the study to contribute to child development concerns by ascertaining how various family structures

are likely to affect children's well-being, as well as to feed into the formulation of policies and interventions directed at supporting families in order to improve children's lot. These theoretical framework offers a more basis for your study, It includes a number of the related theories and about the consequences of these theories for explaining the child rearing practices in nuclear and joint families in Rajbiraj.

## **2.2 Empirical Review**

This research article explores the changing family structures in Diktel Rupakot Majhuwagadhi Municipality, Khotang, Nepal, driven by various factors such as modernization, globalization, urbanization, and westernization. This cross-sectional survey research's data collection involved heads of families or households, sons, and daughters using purposive sampling for 1032 participants. It considers historical changes as family arrangements and the style of management, medical choices, and fiscal state. In regard to family size, it is discovered that the small nuclear family is dominant with 70 percent while the large joint family system is dominant with 30 percent only. Family authority is increasingly shared between husbands and wives, with both spouses making joint decisions in areas such as expenditure, agricultural work, marriage, and property-related matters. However, the study acknowledges its limitations and recommends further research to understand the underlying reasons behind the observed changes in family structures and decision-making patterns (Rai, 2023).

These transitions often result in altered parenting dynamics, where nuclear families may provide a more focused environment for child upbringing, promoting individualism and independence. However, this setup can also lead to challenges such as limited social interaction and support, particularly in dual-income households where both parents work (Cowan & Cowan, 2000).

Conversely, joint families offer a collective approach to child-rearing, providing children with a broader support system and diverse role models, which can enhance their social skills and emotional resilience (Bhandari & Dhamala, 2020). However, the potential for conflicts arising from differing parenting styles and generational gaps remains a concern (Gupta, 2011).

African people and their families experience tension due to their transition from rural to urban life, leading to the emergence of a third family type known as emerging families. These families are characterized by a constant strain to meet individual needs

while also fulfilling the expected needs of the extended family. Individuals find themselves sandwiched in a space of confusion, unsure whether to adhere to traditional rural values and norms amidst the challenges posed by inadequate financial resources to support extended family members. The nature of life in Africa and among Africans should therefore be regarded as constantly in process and flux which renders its family forms and organization emergent and negotiated. Consequently, pastoral care should avail a public dimension: the construction of an analytic alphabet for the theological assessment of these trends and the deployment of a public practical theological ministerial orientation to these novel forms of the family. A responsive public pastoral care approach is proposed to perform three tasks: preventive, mitigatory, and maintenance pastoral care (Magezi, 2018).

This study investigates the impact of complex family structures on child well-being, using data from the United Kingdom Millennium Cohort on children at ages 3 and 5 with older siblings. The research addresses whether children living with both biological parents and only full siblings have better emotional and behavioral outcomes compared to other children, and whether non full siblings affect children's outcomes independently of parents' partnership status. Cross-sectional regressions, adjusting for measured family circumstances and resources, accounted for much of the adverse association between family complexity and child outcomes. However, controlling for unobserved family and child fixed effects did not fully attenuate all estimates. Fixed unobservable factors appeared to hide underlying connections, and accounting for them increased some estimates slightly. The study found that boys with single or stepparents but only full siblings exhibited excess externalizing behavior problems, while girls with single mothers had an increased likelihood of internalizing problems. Overall, whether siblings were full or not made little difference to outcomes in general (Mostafa et al., 2017).

This study investigates the child-rearing styles of queer parents and their impact on child adjustment. Using a case study approach, the researchers examined the unique experiences of eight queer parents and their eight children. Unstructured interviews were conducted to collect data. The results revealed that most queer parents were over 40 years old, gay men or lesbian women, unmarried, living without partners, Roman Catholic, Ilokano or Tagalog, college graduates, self-employed with a monthly family income of 20,001 – 30,000, and had one child. The child participants were mostly under

17, first-born with one sibling, nephews of queer parents, and had lived with their non-biological parents for more than 14 years.

Two main child-rearing styles emerged: lax parenting and disciplinarian style. Queer parents' experiences highlighted different elements of parenthood, such as being raised by non-biological parents, dealing with bullying, and resolving conflicts with parents. For the children, themes of comfortable life and life challenges emerged, reflecting their psychosocial adjustment and life contentment. The parenting approach included discipline, provision of basic needs, and the inculcation of educational values. The children expressed appreciation and satisfaction with their lives.

The study suggests that the government should disseminate information about the Solo Parent Act and assist queer parents in obtaining Solo Parents cards. Non-government organizations, civic organizations, and the church should offer guidance, counseling, psychological intervention, and spiritual nurturing programs to enhance the quality of life for children of queer parents (Fernandez et al., 2023).

This symposium, the second in a three-year series, focused on "family strategy," specifically addressing child-rearing and care for the elderly. The first conference focused on "Family Strategy in an Era of Economic Recession, Aging, and Declining Birthrates." Mutsuko Tendo's paper, "Child-Rearing Strategies and Invisible Control: Changes in Child-Rearing Media," explored contemporary child-rearing strategies in the "education-centered family." Chizuko Ueno's paper, "Family Strategy on Care: Norms, Preferences, and Resources," argued that family care should be distinguished from home care, emphasizing the opposition to professional and institutional care. Shogo Takegawa's paper, "Family Strategies: Between Public Policy and Individual Strategies," advocated for a positive interaction between family strategy and public policy. Commentators Noriko Tateyama and Hiroyuki Kubota emphasized the significance of urban-family networking and advocated investigating family strategy on different levels. Kuniko Kato and Kazue Muta chaired the symposium, ensuring a comprehensive discussion on family strategies concerning child-rearing and elder care (Muta, 2013).

This research utilized a qualitative descriptive design to investigate the impact of grandmothers' caregiving on mothers' child-rearing practices. The study involved indepth interviews with 21 mothers whose children received or were receiving care from their own mothers or mothers-in-law. Thematic analysis of the data revealed three



prominent themes: views on child-rearing styles, challenges associated with grandmother care, and opportunities related to grandmother care.

The findings indicate that there are variations in child-rearing styles between mothers and grandmothers, with instances of both alignment and divergence. While grandmother care presents multifaceted challenges, including impacts on the motherchild relationship, it also offers opportunities for enhanced maternal-child bonding and increased comfort in the child care process for the mother. The study highlights the complex nature of the grandmother care process and emphasizes the need for support mechanisms such as institutional training and social services to address potential negative effects. Future research could explore different dimensions and long-term impacts of grandmother care (Akçay et al., 2024).

This study explores the evolution of child-rearing practices from ancient times to the digital era, examining how parenting styles have transformed, particularly with the growing participation of mothers in the workforce. In the Stone Age (circa 2.6 million years ago to 3300 B.C.), parenting was primarily instinctual, lacking formal knowledge about child development (Trayon & Faith, 2013). During the Bronze Age, although children experienced less optimal developmental environments, practices such as breastfeeding and bottle-feeding emerged while mothers were engaged in agricultural activities (Vaughin, 2019). The Vedic period in ancient Bharat saw boys separated from their parents and raised by tutors or through military training (Sahota, 2022). The Iron Age was marked by parents involved in trade and agriculture, with children either accompanying their mothers or playing independently, integrating learning into daily activities (Lally, 2002). Buddha, born in the 6th century BCE, was raised by his aunt after his mother's death, with his father isolating him from external hardships (Lopez, 2023). In ancient Greece, children were valuable for agricultural labor, leading families to prefer having more children to assist with tasks (Mmetodieva, 2020).

The Middle Ages were characterized by religious and moral guidance for children, with corporal punishment commonly used for discipline (Marrilee, 2022). In the eighteenth century, mothers focused more on cultural and literacy development rather than holistic nurturing care (Francus, 2013). The digital era has introduced both opportunities and challenges for working parents. While digital technology provides flexibility, balancing career demands with child-rearing responsibilities remains challenging (Meyers, 2018). This review highlights the significant shifts in parenting practices across different



historical contexts, reflecting the evolving social, economic, and technological influences on child-rearing (Sharma, 2023).

This study investigates the evolution of child-rearing practices in Nepal, focusing on the adoption of modern parenting styles alongside traditional practices. The research examines how parenting styles have evolved among Nepali families, particularly those with parents aged 25 to 40 years, in five major cities: Itahari, Udayapur, Kathmandu, Butwal, and Pokhara. The study utilized the Alabama Parenting Questionnaire (APQ 1991) to develop thirty-five questions that assessed various parenting styles, including authoritative, authoritarian, permissive, and traditional.

The results indicated that over sixty percent of families in each city adopted an authoritative parenting style, while less than ten percent were found to engage in permissive parenting. Despite the significant adoption of modern authoritative practices, traditional child-rearing methods remain prevalent across all types of parenting. The data was processed using MS Excel, generating standard scores for each parenting style and illustrating the ongoing influence of traditional practices alongside contemporary approaches (Kunwor et al., 2021).

Skar's (2019) study examines the impact of a parenting intervention associated with the Child Grant and Child Endowment Fund in Nepal, aiming to enhance social protection and childhood development. The research includes two pilot studies: the first assessed the effects of a parenting program combined with cash transfers from the Child Grant for Children under five years, while the second evaluated the Child Endowment Fund's impact on caregivers and their children.

In the Child Grant study, findings revealed significant improvements in caregiver outcomes, including reduced corporal punishment, enhanced mental health, and better child outcomes related to social functioning and learning. The intervention group exhibited notable progress in addressing concerns about education and health expenses, with decreased physical and psychological violence and improved caregiver-child relationships. The Child Endowment Fund study showed fewer mental health problems among caregivers and reduced harsh discipline, although the small sample size limits the generalizability of these findings.

Skar concludes that while the results are promising, further research with larger sample sizes and longer follow-up is needed to evaluate the long-term impacts and sustainability of these interventions. The study highlights the potential of integrating

parenting programs with social protection efforts to improve child-rearing conditions and family dynamics in Nepal (Skar, 2019).

A study by Kumar and Ram (2012) investigates the effect of family structure on child health in India basing their analysis on the information obtained from the National Family Health Survey of which the third round took place in 2005-06. Two measures of child health, underweight and full immunization coverage are used as dependent variables with family structure as the main independent variable of interest.

The findings of the descriptive data analysis part of the study indicate that ONS and immunization status of children in non-nuclear families are better than the children in nuclear families. This can be interpreted as family structure affects child health, so non-nuclear families are more favorable with children's health status. On the other hand, study about relatedness with siblings is negative, meaning that individuals within the same families with siblings are more prone to health issues. Data source 1 confirmed that children living with siblings had poorer nutritional status of the child and lower immunization rates than the latter.

According to the findings of the multivariate analyses performed by Kumar and Ram (2012), the impact of family structure on child health is actually not very significant further diminishes and becomes non-existent once the confounding factors such as socioeconomic characteristics and geographic location have been factored in. But, the presence of more number of siblings is an important determinant that influences both nutrition and immunization control despite the social demographic and geographical co-efficient. This has a bearing on the fact that number of siblings is a factor that should be taken into consideration when evaluating the general health status of children.

It also notes that the level of educational achieved by parents, age of mother and the economic status of the household are the influential factors for underweight children as well as for the full immunization. Family structure is one of the aspects that, coupled with other necessary indicators, provide a greater picture of child health determinants.

In conclusion, Kumar and Ram's (2012) study provides a multilayered understanding of factors that may influence child health and without unique factors related both to family status and socio-economic characteristics approaches to reducing child health disparities in India would be inadequate.

A symposium that was conducted at the Society for Medical Decision Making at the 42nd annual conference on 26th October 2020 was aimed at establishing more

information on intergenerational decisions. More specifically, as a part of the said event, 43 participants watched two presentations from the invited speakers and listened to a moderated discussion. The presentations discussed aspects such as; the agency of pediatric patients in decisions concerning their care, decision making for children with comparative complicated medical conditions, engaging caregivers in advanced care planning and capturing spillovers when conducting economic assessments.

As per Lin et al. (2021), the moderated discussion at the symposium named the present resources and explored the deficit relating to intergenerational decision-making. The discussion focused on four primary areas: Decision support tools, cost-effectiveness analyses, patients and stakeholders' viewpoints, and instruments and matrices. The summary highlighted the fact that combining the decisions made by the different generations of the family is still an uncharted area of the process of decision making with regards to medical treatment. This being an area that affects mostly the aging population and with new technologies availed in the life sustaining processes, throughout the lifecycle, it is an area that would benefit from more research.

Concerning the aforementioned gaps, Lin and others (2021) stress that the identified gaps are especially important to address if the decision-making processes are to become more effective for involving multiple generations. Their work stresses the necessity for additional research on family roles in medical choices as well as the creation of appropriate tools and models for such complicated decision-making situations.

Thus, more than 10 million children in the United States experience special health care needs (U. S. Department of Health & Human Services, 2008). Parents of such children face the challenge of having to pay the cost of taking them to hospital and also take care of the children or have to work while someone else takes the child to hospital. To further elaborate on these obstacles, Derigne (2012) identified original studies 11 years published and performed an analysis to investigate how different factors affect families' capacity to access appropriate healthcare and preserve employment.

Focusing on the Derigne's review, insurance status, insurance type, family out-of-pocket cost, and employment impacts including a cut in working hours or job loss were highlighted. The review indicated that families with private health insurance status, families manage more severe illness, and diagnosed families have to bear additional financial burdens and are likely to experience employment changes. However, another

interesting finding of the study was that receipt of care under a medical home approach might offset the two financial burdens as well as employment losses.

The review therefore stresses for clinicians and policymakers to continue advocating for an enhancement of the medical home model as a solution to enhancing the lives of families that are taking care of children with special health care needs. This model appears to hold tremendous potential for decreasing the aforementioned financial and employment-related difficulties, thus, rendering it a significant topic of consideration for future health care policies and practices.

The paper by Dikshit and some of the other authors carried out in 2021 looks at the moderation and/or mediation of parenting styles and other social factors on children's behaviour in a dental clinic. Carried out with 151 healthy children of both genders aged between 4-12 years attending at Kantipur Dental College, the study used Parents' Authority, Raising Style Scale (PARS) to classify parenting styles: authoritative, authoritarian and permissive. Neuropsychological status: the parents or care givers filled the Frankl Behavior Rating Scale in regard to their children's behaviors during routine non-invasive dental procedures.

Bivariate analysis conducted on the three areas of the research questions led to the identification of three common parenting styles in Nepali parents; out of which 90.06% used Authoritative style of parenting followed by permissive 5.96% and only 3.97% were found to be using Authoritarian parenting style. Majority of children manifested good behavior (64.9%) during the dental visits. Most hypotheses were supported by the results indicating highly significant relationships between child's age and behavior of the child during dental visits where younger children were less cooperative as compared to elder children. Yet, the general analysis did not reveal any relationships between the chosen parenting styles, the type of family, number of brothers/sisters, and the child's position in the family and misbehavior.

From the analysis, it is noted that there is a clear variation of the conclusions on the determinants of dental behavior, which assert that parenting styles particularly the age of the child has profound impacts whereby young children are more susceptible to negativity while undergoing dental procedures (Dikshit et al., 2021).

Pokharel et al. (2021) undertook a study with the following objectives: to construct and establish the reliability and validity of the survey tool on attitudes toward GBCP. In the first step, the researchers came up with a pool of items after conducting a review of the

available literature and refined it following the five experts' input. The CVI values which range between 0 and 1 were above 0.80 meaning that content validity was excellent and 25 items were retained.

Finally, the scale was completed by 135 participants from Bangladesh and Nepal; 77 females and 58 males with the age range of 18 to 55 years and the average of 28 years. 16 years. Following item analysis, 22 items were retained for further analysis. Exploratory factor analysis revealed five factors—cross-gender activities, methods of discipline, expression of emotion, play, and expected behavior—that accounted for 58.22% of the total variance. All inter-factor correlations were statistically significant, supporting the scale's construct validity. The scale demonstrated high overall reliability with a Cronbach's alpha coefficient of .86, and each individual factor also showed acceptable reliability. The t-test analysis suggested that married Bangladeshi males exhibited more gender-based attitudes towards child-rearing practices. These findings suggest that the scale is a reliable and valid tool for assessing gender-based child-rearing practices, providing valuable insights for researchers in this field (Pokharel et al., 2021).

### **2.3 Policy Review**

That change of joint to nuclear family life in Nepal, especially in the urban setting such as Rajbiraj Municipality affects caregiving and development of children especially in the word view holds ground to some truth. Main report this transition thus requires a scrutiny of policies with a view to establishing how they can effectively help families meet these changes and the welfare of children.

#### **Family Support Policies:**

Appreciating the circumstances that nuclear families experience, such as lack of family members' support and heightened parent obligations, there is a compelling need to address such families and offer them assistance. The programs aimed at provision of education to parents, support to parents' mental state, and availability of childcare can ease the work load and contribute to better outcomes for children. For instance, the Ministry of Women, Children and Senior citizens of Nepal could design strategies for training people on probationary parenting and community organization for nuclear families [Sharma, 2013].

#### **Child Welfare Programs:**

Interventions being planned and implemented for the welfare of children must take into consideration the special needs of children in the different family forms. The study

discovered that the children from the joint families are likely to be given more support by their subsequent families than the children from nuclear families, though the latter may require support so as to make proper social and emotional development (Bhandari & Dhamala, 2020). Hence, programs that aim at fulfilling the developmental needs of children in nuclear families should be carried out by means of specific activities including social skills training and some forms of shaping their emotional intelligence.

#### Educational Policies:

Family characteristics have a dramatic impact on the process of education, so one of the current and relevant tendencies is considering diverse family types in the educational process. In the case of nuclear families and children, especially in developed countries, schools can go a long way in enhancing socialization processes by aiding the children to have peers' interaction and develop necessary social competencies (Acharya & Ghimire, 2005). The available community and family involvement policies concerning child development and activities outside classroom can also help forward the developmental aspects of children.

#### Research and Data Collection:

Research should be conducted regularly by the government and agencies that deal with issues touching on families and especially the children. Systematic research outcome on the effect of family structure on children has the potential and promise of delivering information that can help in designing and implementing proper policies and programs (Shrestha, 2012). This research should comprise of phenomenological research that will make it an endeavor to capture the details of the families in Rajbiraj, and make it possible for the policymakers to appreciate the subtle differences in child rearing practices across the regions.

#### Cultural Sensitivity in Policy Development:

Often the policy will need to be formulated with cultural understanding in a country and therefore take into consideration the belief systems and culture that will shape the rearing of children in Nepal. Inclusive participation and representation of the locals in policy making will help in the enhancement of the realities hence increasing effectiveness of the interventions (Karki 2014). It will also assist in closing the gap between the conventional practice and the contemporary problem solving among families.

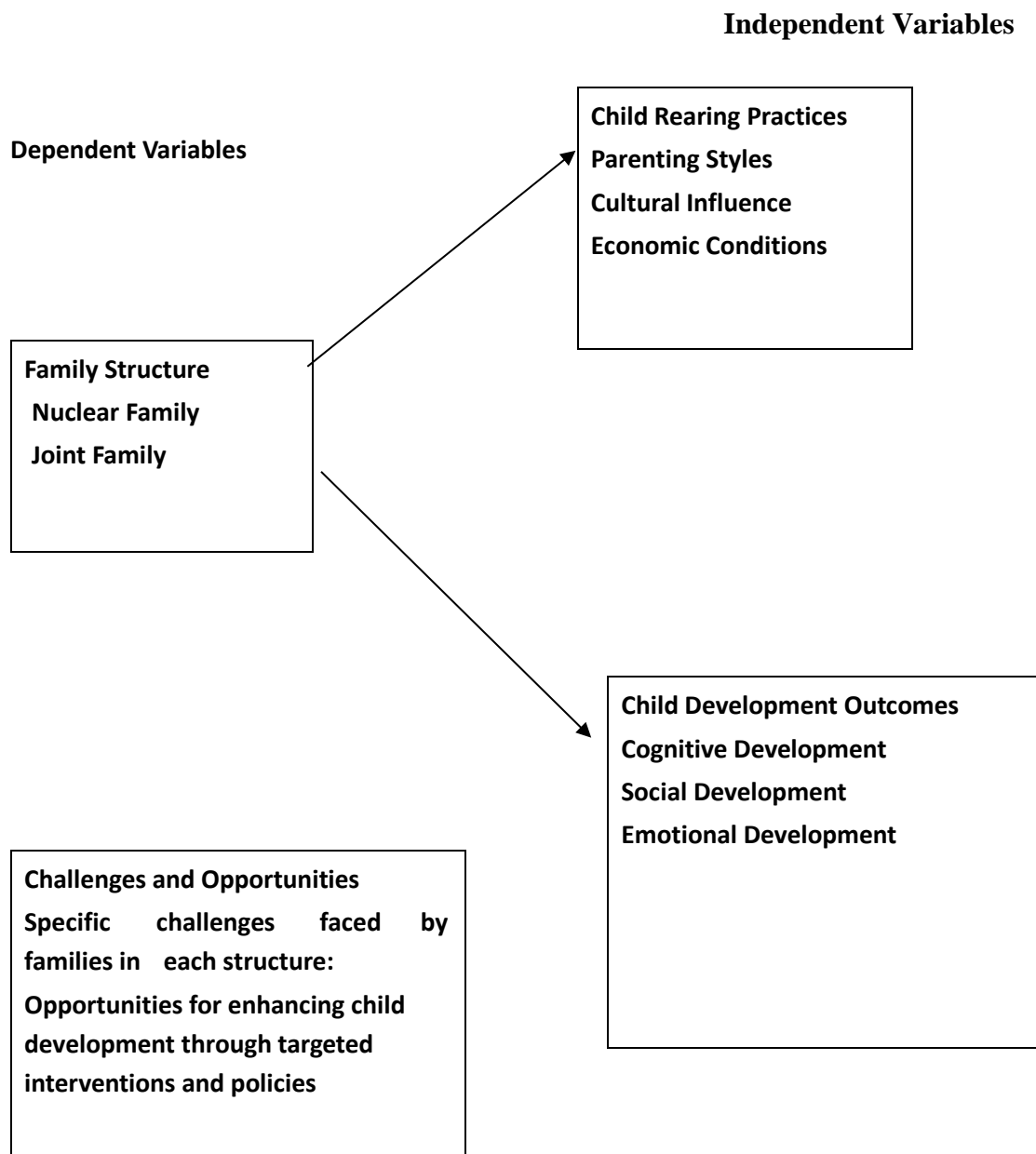
Thus, the change from joint to nuclear families in Nepalese studied societies has its plusses and minuses concerning child upbringing. That is why, through developing various policies to support families in this perspective, the government should revitalize the existing policies to manage the focus on family-centered ideologies for children's stability and the availability of all families' resources to be.

#### 2.4 Research Gap

The literature review on child-rearing practices in nuclear and joint families reveals several research gaps that warrant further exploration. However, one major limitation is the absence of comparative studies particularly concentrating on Rajbiraj Municipality since most of the existing research conducted generic analysis, overlooking the diverse features of socio-economic and cultural contexts existent in the urban areas. Lastly, another methodological shortcoming of existing studies is that research predominantly employs cross-sectional method instead of longitudinal ones which are necessary to evaluate the impact of family structure on children's development with the course of time.

One significant void includes the lack of research on parenting practices (authoritative, permissive, authoritarian, and neglectful) within nuclear and joint families and how the processes of parenting are related to family type for children's developmental outcomes. Cultural norms and values are also not adequately addressed in the existing literature regarding the child-rearing practices and family structures, which means that there is a need for further research on how culture affects parenting in nuclear and joint families. Furthermore, research should focus on investigating the specific support systems available within each family structure and how these systems contribute to child development, particularly the emotional, social, and educational support provided by extended family members in joint families compared to the more isolated support systems often found in nuclear families. Finally, there is limited discussion on how insights from research on child-rearing practices can inform policy and practice, and future studies should aim to bridge this gap by providing actionable recommendations based on empirical findings, particularly in the context of changing family dynamics in Nepal.

## 2.5 Conceptual Framework



The theoretical foundation for the research “A Comparative Study of Child Rearing Practices in Nuclear and Joint Families within Rajbiraj Municipality Ward No. 7, Saptari” intends to investigate how structural type of family determines child developmental consequences. In this framework, the independent variable is family structure, which includes two categories: it was a nuclear family, which is couple and children and there is also a joint family which include grandparents, aunt, uncle and cousin. Based on the above framework, the type of family structure is deemed to have



a strong relation to child-rearing practices, and impliedly, has an implication on all aspects of child development.

Dependent variables in this study broadly fit the domain of child nurturing techniques and child development impacts. Some of the child rearing practices include the different types of parenting which include permissive, authoritative, neglect and authoritarian and which guides the manner in which children are brought up. These practices are determined by the family settings of the community and by the culture of Rajbiraj where tradition and change enter into contact. As for child development results, cognitive, social and emotional development aspects are considered since children of joint families seem to receive more attention necessary to transform a large family into an extensive support system, whereas children in nuclear families are likely to become more self-sufficient and independent. This cross-sectional study seeks to contribute to the knowledge of effects of varied family type arrangement on child development and the subsequent policies for the improvement of families in the region.

In overall, conceptual framework discuss the complex interface between family type, child-rearing practices, and the child development results with like indication to support the intervention and policies that are required for understand the nuclear and joint family system in Rajbiraj. Thus, analyzing these relations the research aims to enhance the theory on the Nepalese families' dynamics and children protection.

## **CHAPTER III**

### **RESEARCH METHODOLOGY**

#### **3.1 Research Design**

In this study, researcher employed descriptive and cross-sectional research design. This means the researcher used qualitative data collection and analysis method. Researcher's primary goal was to gain a comprehensive understanding of child-rearing style in a nuclear and joint family within Rajbiraj municipality ward number 7, Saptari.

This study uses a qualitative research approach to investigate and compare child-rearing habits in nuclear and joint households within Rajbiraj Municipality's Ward Number 7. A qualitative technique is suited for this research because it allows for a thorough knowledge of parents' experiences, beliefs, and practices across diverse family structures. This design encourages the development of varied perspectives on childrearing, resulting in a thorough portrayal of the challenges and opportunities that families confront.

#### **3.2 Rationale of Site Selection**

Rajbiraj Municipality, located in Nepal's Terai Region, provides an appealing research environment due to its unique demographic and socio-cultural traits. The Terai, which comprises 53.61% of Nepal's population, has significantly greater family sizes, with Madhesh district leading the way at 5.66 persons per household. Within Rajbiraj's rural landscape, the prevalence of joint families, characterized by extended kinship networks sharing resources and responsibilities, is a prominent feature.

However, the region is undergoing a transformative phase. A discernible shift towards smaller, nuclear family structures is gaining momentum, especially in urban areas. This demographic evolution, driven by factors such as heightened educational attainment, expanded economic prospects, and evolving societal values, is exerting a profound influence on child-rearing practices within Rajbiraj Municipality. These dynamic family structures and their implications for child-rearing render Rajbiraj an ideal location to investigate the correlation between changing family dynamics and parental practices in a Nepalese context.

#### **3.3 Sources and Nature of Data**

It usually involved both the primary and the secondary data sources. The process of Primary data collection entailed the use of questionnaires and interviews. This was done in contrast with the self-completed questionnaires that were used with the intention of

collecting data on the particular child rearing in nuclear and joint families, the general demographic characteristics of its users, and their child rearing. Semi structured interviews are carried out these to gain more insight on what sort of child rearing practices are seen among nuclear and joint families. Another source of information that was used for this research included NGO's and government agency reports and documents as well as; International NGO's publications proved a background information concerning child rearing, demography and any other characteristics related to this research investigation in Rajbiraj, Saptari.

Consequently, this research study has identified one major forms of data, which include qualitative data. Quantitative data deals substance as numerical while qualitative data deals with substance as experiences, feelings, views, etc. Semi structured interviews enabled the participants give their individual experiences on child rearing practices in nuclear and joint families.

By incorporating qualitative data, the researcher was able to capture the aspects of child rearing in nuclear and joint family in Rajbiraj, Saptari. Qualitative data gave an overall view of the general ways and views regarding child rearing practices in nuclear and joint family.

### **3.4 Universe and Sampling:**

The study population consist of families living within Ward Number 7 of Rajbiraj Municipality. Researcher employed a purposive sampling technique to select participants, ensuring representation from both nuclear and joint families. The criteria for inclusion will be based on family structure (nuclear or joint), the presence of children, and the willingness of parents to share their experiences regarding childrearing practices. We aim to include approximately 10 families to ensure a diverse range of perspectives.

The researchers used a purposive sampling method to select the families Rajbiraj Municipality Ward No.7 from the target population. This non-probability sampling technique was chosen because the research aimed to gather insights from families most likely to be known for child rearing and parenthood. While purposive sampling allows for targeted data collection, it is important to acknowledge that this approach may limit the generalizability of the findings to the broader population of Rajbiraj Municipality.

### 3.5 Data Collection and Techniques

Both questionnaires and interviews were administered and superintended to recruit data. To collect the data, 15 self-structured questionnaires were given to the both nuclear and joint family types of respondents residing within Rajbiraj Municipality Ward No.7. These surveys were designed to collect basic demographic information and child rearing methods in nuclear and joint households. Data is gathered using semi-structured interviews and focus group discussions. Semi-structured interviews were done with parents to obtain specific information about their child-rearing techniques, beliefs, and experiences. The interviews were designed to allow for freedom in responses, allowing participants to elaborate on their points and provide personal tales. Focus group discussions were also held with parents from both nuclear and blended households. This strategy encourages interaction among participants by allowing them to discuss and compare their experiences in a safe atmosphere. Both data gathering approaches yield a thorough picture of child-rearing activities within the context of family structure.

Furthermore:

Survey:

The researcher used the survey approach to gather data on child-rearing practices and parenting styles in nuclear and joint families within Rajbiraj Municipality Ward 7, Saptari. The survey was done by using questionnaires, interviews, and observations. This provided a wide understanding of parenting behaviors in various family structures within the field area.

Questionnaire:

To collect data and information on the research issue, the researcher created a series of questionnaires focusing on child rearing in nuclear and joint families in the field. The surveys was completed by asking questions of family members (parents) in the field region.

Interviews:

In-depth interviews were conducted with parents, grandparents, to understand their child-rearing practices, beliefs, and values. Interviews provided data and insights into the factors that influence parenting styles in the research area.

#### Observations:

The researcher observed parents and children in their natural settings to understand their interactions and child-rearing practices. Observation in the field area also provided a detailed understanding of the actual parenting practices in rural areas and help to validate the data obtained from other research methods.

### **3.6 Data Analysis and Interpretation**

The data were analyzed and interpreted through the frequency table in the data analysis and interpretation section below, with tabulation and explanation. Collected data from primary sources were edited, classified, and organized according to exploration. The data were then presented in appropriate forms of tables. Findings are visually represented through detailed tables and charts, offering a clear understanding of what sort of child rearing practices are seen in nuclear and joint families within the community. Qualitative data from the semi-structured interviews are analyzed using thematic analysis. This method involves coding the data to identify recurring themes and patterns related to child-rearing practices in nuclear and joint families. The analysis focus on understanding how family structure influences parenting styles, socialization processes, and emotional support systems. The findings are presented in a narrative format, supported by direct quotes from participants to illustrate key themes and insights. This case study exemplifies the robustness of statistical tools in uncovering meaningful insights from collected data, contributing to a comprehensive understanding of child rearing in nuclear and joint families within Rajbiraj Municipality Ward No. 7, Saptari.

### **3.7 Reliability and Validity of Data**

There are various means of acquiring reliable primary data. These include making surveys and interviews that are informed by previous findings and involving experts in the process of developing questions. The outcome is that this approach assists in exploring social media usage as well as social relationships in a comprehensive manner, thus directly addressing the research aims. Furthermore, it involves both quantitative (surveys) and qualitative (interviews) methods which helps to triangulate the conclusions. This implies that information is checked for consistency across different sources and methodologies thereby improving the overall reliability of results. Lastly, validation with respondents ensures their perspectives are properly reflected in the responses they give during interviews.

Validity of secondary data is ensured through similar measures. The data is collected from reputable organizations with a reputation for meticulous collection techniques such as the Central Bureau of Statistics and reports from different NGOs/INGOs. Data reliability can also be checked at other sources to account for any discrepancies found through cross verification. Only directly relevant figures on child rearing practices that have been included for possible validity purposes while an effort has also been made to use latest available information worthy for this study.

### **3. 8 Ethical Considerations**

Several ethical considerations were upheld throughout the study of child-rearing practices in nuclear and joint family structures: The following ethical considerations were observed while analyzing the child-rearing practices in nuclear and joint family structures Participants' consent was secured perspective of their gender, age, marital status, ethnicity, or any other factor before being enrolled into the study.

#### **1. Informed Consent and Voluntary Participation:**

In relation to the information sheet for the study and informed consent, participants were informed in as clear terms as possible the purpose of the study and any possible ramifications flow able from a study of this nature with regards to child rearing initiatives. This was strictly on a voluntary basis and they were told that they can opt out at any one time without having to suffer any repercussions.

#### **2. Privacy and Confidentiality:**

Information identifying the participants remained undisclosed in all stages of the research, data gathering, organizing, as well as report writing. Proper and strict measures were taken to ensure that none of the identity of the people was discoverable.

#### **3. Avoiding Bias:**

The study techniques used in the research design and data analysis were developed carefully in order to avoid a biased outcome. The research was kept very neutral and unbiased, and every effort was made to present the two child rearing types equally.

#### **4. Accuracy and Transparency:**

The data collected from the participants was provided as it was without the application of bias in narrating the facts or knowledge. It is also lofty of the researchers to point out the various limitations of the study that is helpful for establishing the range of application of the results of the study.

#### 5. Respect for Participants:

The study was done with a lot of consideration to the time as well as the dignity of the participants. In order to establish rapport with the participants, the tools of data collection involved in this study were designed to thus employ proper language that will not bring any displeasure to participants.

#### 6. Generalizability Limitations:

The limitations that are observed in the current study include the following; the sample size of the study was relatively small of sample size of 10. The study's generalizability was confined by some participants to the overall population. There was an emphasis on not generalizing the results and stating limitations of the study.

#### 7. Potential Biases:

The researchers always understood that there can be bias when sampling subjects and the process of data collection. Regarding these biases, measures were made to minimize their influence in giving a bias interpretation of the results.

Thus, following these ethical principles, the research was designed to acquire meaningful information about child rearing practices in nuclear and joint families with respect to the participants' dignity and rights.

## CHAPTER-IV

### DATA INTERPRETATION AND ANALYSIS

The data interpretation and analysis section of this study on child-rearing practices in nuclear and joint families within Ward Number 7 of Rajbiraj Municipality is designed to provide a comprehensive understanding of how different family structures influence child development outcomes. The study aims to explore the distinct approaches to parenting in nuclear and joint families, focusing on various dimensions such as emotional support, socialization practices, and the overall impact on children's wellbeing. This analysis is essential for uncovering key themes and patterns that emerge from the collected data, allowing for meaningful conclusions to be drawn regarding the implications of family structure on child-rearing practices.

The analysis will primarily utilize qualitative data collected through in-depth interviews and focus group discussions with parents and children from both nuclear and joint family backgrounds. By employing thematic analysis, the study will identify recurring themes and insights that reflect the lived experiences of families in Rajbiraj. This qualitative approach will provide depth and context to the findings, allowing for a nuanced understanding of the challenges and benefits associated with each family structure. The integration of qualitative data will enhance the overall interpretation of the study, highlighting the emotional and social dynamics that shape child development within these family contexts.

**Demographic Table 1: Family Structure Distribution**

Family Type	Number of Families	Percentage
Nuclear	7	70%
Joint	3	30%
<b>Total</b>	10	100%

Source: Field Survey, 2024

This table shows the distribution of parents and children as the participants according to their family structure. Seventy percent of the families belong to nuclear families type while thirty percent of families are of joint families' type that also show a transformation of Rajbiraj society in which there is an increased trend of nuclear families as compared to joint families. Acknowledging this distribution raises the



question for how these different family structures affect child rearing. As mentioned above joint families have been traditional in Nepal and currently people prefer living in nuclear families which make new changes and issues in parenting.

Studying this sample, the peculiarities of the advantages and limitations of the indicated order of family types can be identified. Nuclear families may be of advantage when it comes to attending to individual needs and providing specialized care while joint family's entail one is exposed to numerous social related models and networks. Such dynamics are crucial for catering to the existing and future demands and concerns about families and for defining strategies that might facilitate positive changes in children's development in both nuclear and joint families.

**Demographic Table 2: Gender of Participants**

Gender	Number of Individuals	Percentage
Female	9	90%
Male	1	10%

Source: Field Survey, 2024

The following table shows the gender distribution of the participants where it is observed that majority of the participants are females (90%) and the rest are males (10%). This large sex disparity underlines the primary responsibility that women have in issues of child care and family functioning within the research sample. It is important to know the female participants' expectations and opinions, as women mostly take the role of child caregivers and control the parenting process.

Nonetheless, the fairly low number of male participants also calls for a focus on the perceptions males have on child-rearing matters. Despite being not as frequent, man's perspective can shed light on how the fathers share the responsibilities of caregiving and child rearing in both single parent and both families living together.

This demographic detail compliments the analysis by offering a broader spectrum of uncovering gender roles and the consequences of the indicated practices of childrearing as well as child development results within various kinds of families.

**Demographic Table 3: Age Distribution of Participants**

Age Range	Number of Individuals	Percentage
25-29	4	40%
30-34	3	30%
35-39	2	20%
40-44	1	10%
<b>Total</b>	10	100%

Source: Field Survey, 2024

The following table depicts the age group of the individuals; as shown below, 70% of the participants are between the age of 25 and 34. This group is usually involved in active parenting and therefore, observing the current child rearing practices is most appropriate.

Having participants from the young age category ranging from 25-29 years and the middle ages of 35-44 years helps to get a near-accurate picture of the parenting styles and practices emerging from the two age categories. Parents belonging to the comparatively younger category might have different experience than those who are slightly elder in age; the parent's age may capture trends in parenting practices within any given time period.

This age diversity influences the richness of the findings derived from the particular type of clarification by indicating ways in which age might affect parenting practices and beliefs about children's development. It is therefore important to consider these variations with the aim of documenting the child rearing experiences as widely as possible and to be competent enough in dealing with the ever changing needs of families.

**Demographic Table 4: Education Level of Participants**

Educational Level	Number of Individuals	Percentage
Bachelor's Degree	3	30%
Inter Level	2	20%
Completed School Level (SLC)	2	20%
High School Diploma	1	10%
Not Specified	2	20%
<b>Total</b>	<b>Total</b>	<b>Total</b>

Source: Field Survey, 2024

This table gives a summary of the participants' education level, whereby 30% of participants possess at least a Bachelors Degree. Parental education is normally associated with increased knowledge on child development theories and contemporary patterns of child rearing, which might in turn determine child rearing practices.

Education is as diverse as the participants themselves considering the spectrum from a bachelor's degree to completed school levels; the data gives an understanding of the relation of the level of education and child-rearing practices. Thus, the existence of participants with different educational levels ensures that the tutor's educational background varies, which makes it possible to investigate the effect of educational level on attitudes and behaviors in nuclear and joint families.

This demographic aspect is relevant to establish the socio-economic characteristics of the subjects, where the role of education on the parenting practices and child growth may be discussed.

**Demographic Table 5: Number of Children per Family**

Number of Children	Number of Families	Percentage
1	1	10%
2	5	50%
3	2	20%
4	1	10%
5	1	10%
<b>Total</b>	<b>10</b>	<b>100%</b>

Source: Field Survey, 2024

The following table shows the distribution of the number of children per family among the participants. It shows that majority of the families provided with-child care have two children, though a good percentage also have three or more children.

The ideas of having many children are missing from all aspects of modern society and there is a tendency towards maintaining the nuclear family, which entails having one or two children only. Families with more members are not very frequent, but more significant issues concerning the distribution of resources, child-rearing practices, and appropriate care can be accepted.

When the number and age of children and related to the observed parenting it is easier to interpret these findings. For example, parents with many children would have different problems in terms of organizing child care or expressing their feelings compared to parents with few children. It is important information while attempting to understand the influence of family size on parenting and the developmental context offered to children in nuclear and joint families.

### **Comprehensive Case Studies Addressing Child Rearing**

#### **Case Study 1: Sangita Das (Nuclear Family)**

Basic Details:

Full Name: Sangita Das

Age: 30

Gender: Female

Education: Bachelor's degree in Nepali

Occupation: Teacher

Sangita Das has two children: a 14-year-old daughter in grade 5 and a 7-year-old son in grade 2. She considers her children to be physically healthy, supported by regular medical check-ups and a balanced diet. Sangita believes that nutrition plays a crucial role in both physical and psychological development, as it affects their energy levels and concentration in school. To ensure her children's healthy growth, she employs several strategies, including preparing nutritious meals, maintaining a structured daily routine, and encouraging physical activity.

As a working parent, Sangita finds it challenging to balance her responsibilities. However, she manages to allocate time for cooking, cleaning, and feeding her children

by organizing her schedule effectively. She engages in open discussions with her children about their feelings and concerns, fostering a supportive environment. Sangita describes her relationship with her children as strong and nurturing, having evolved positively since their birth. She emphasizes the importance of discipline and routine in their upbringing.

Sangita believes that raising children in a nuclear family has its benefits, such as focused attention and individual care. However, she also acknowledges drawbacks, such as limited socialization opportunities compared to joint families. Her children perform satisfactorily in academics and maintain good relationships with peers and neighbors, although they can be shy. Sangita supports their academic activities by assisting with homework and encouraging participation in school events. She is aware that their financial status allows them to access healthcare and nutritious food, which positively impacts their overall well-being.

Ultimately, while she appreciates the autonomy of a nuclear family, she prefers the support system offered by joint families for child-rearing. She believes that the presence of extended family could provide additional emotional support and socialization opportunities for her children, enhancing their development.

### **Case Study 2: Sukmariya Yadav (Joint Family)**

Basic Details:

Full Name: Sukmariya Yadav

Age: 27

Gender: Female

Education: Inter level

Occupation: Teacher

Sukmariya Yadav lives in a joint family with her husband, two children (ages 10 and 6), and her in-laws. She considers her children to be in good health, attributing this to the nutritious homemade meals they receive and the active involvement of their grandparents in their care. Sukmariya believes that nutrition is vital for her children's physical and psychological development, as it directly impacts their growth and learning capabilities. To ensure healthy development, she collaborates with her in-laws to provide a balanced diet and engage the children in physical activities.

Managing a household with multiple family members allows Sukmariya to share responsibilities, which alleviates some challenges of parenting. She finds it easier to balance work and home life, as her in-laws assist with childcare, enabling her to focus on her teaching career. Sukmariya actively engages in discussions about her children's feelings and concerns, fostering a nurturing environment where they feel secure and loved. Her relationship with her children is characterized by warmth and mutual respect, which has developed positively as they have grown.

In her view, raising children in a joint family has numerous benefits, including the presence of multiple caregivers who provide diverse perspectives and support. Sukmariya's children have strong social skills and enjoy healthy relationships with peers and extended family members. Their academic performance is satisfactory, and she supports their studies by helping with homework and encouraging them to participate in various activities. She believes that the financial stability of their family allows them to access healthcare and nutritious food, which contributes to their overall well-being.

Overall, Sukmariya values the collaborative nature of joint family living, which she believes enhances her children's emotional and social development. She acknowledges that while joint families provide support, they can also lead to conflicts due to differing parenting styles, which requires careful management.

### **Case Study 3: Punam Soni (Nuclear Family)**

Basic Details:

Full Name: Punam Soni

Age: 28

Gender: Female

Education: Inter level

Occupation: Teacher

Punam Soni is a mother of four children, with ages ranging from 14 to 5. She lives in a nuclear family with her husband, who runs a gold shop. Punam believes her children are physically and mentally healthy, thanks to her active involvement in their daily routines. She emphasizes the importance of nutrition, stating that she prepares healthy meals and encourages her children to eat well. Punam employs various strategies to

ensure her children's growth, including maintaining a structured environment and engaging them in educational activities.

As a working mother, Punam faces challenges in managing her time effectively. However, she finds support from her husband, who assists with homework and playtime. This collaborative approach helps her balance household responsibilities with her professional commitments. Punam describes her relationship with her children as nurturing and supportive, having evolved positively since their birth. She engages in discussions about their feelings and concerns, fostering open communication and emotional support.

Punam acknowledges the benefits of raising children in a nuclear family, such as focused attention and individualized care. However, she also expresses a desire for the additional support that a joint family could provide. Her children perform well academically, and she actively supports their studies by helping with homework and encouraging participation in school activities. They maintain good relationships with peers, although they have fewer interactions with extended family members. Punam is aware that their financial status allows them to access healthcare and nutritious food, which positively impacts their overall well-being.

Overall, Punam's case illustrates the balancing act of parenting in a nuclear family while recognizing the potential benefits of joint family support. She believes that the development of self-esteem and confidence in her children is enhanced by the focused attention they receive, though she acknowledges that they may miss out on the broader socialization opportunities found in joint families.

#### **Case Study 4: Preeti Karna (Nuclear Family)**

Basic Details:

Full Name: Preeti Karna

Age: 29

Gender: Female

Education: Not specified

Occupation: stay-at-home parent

Preeti Karna lives in a nuclear family with her husband and their daughter, who is 3 years old. She expresses satisfaction with her living situation, stating that it allows her to manage finances more easily and spend quality time with her child. Preeti considers

her daughter to be physically and mentally healthy, attributing this to her commitment to providing homemade meals and a structured routine. She believes that nutrition plays a crucial role in her daughter's development, impacting her energy levels and overall well-being.

As a housewife, Preeti finds it manageable to allocate time for cooking, cleaning, and feeding her daughter. She emphasizes the importance of maintaining a routine, which helps her daughter feel secure and nurtured. Preeti engages in discussions about her daughter's feelings and concerns, fostering an open and supportive environment. She describes her relationship with her daughter as close and affectionate, having developed positively since her birth.

Preeti acknowledges the benefits of raising a child in a nuclear family, such as the ability to make decisions without external pressures. However, she also recognizes the limitations of having fewer social interactions, which may affect her daughter's socialization skills. While her daughter performs well in her early education, Preeti is aware that more community connections could enhance her social development. She is also mindful that their financial situation impacts their access to healthcare and nutritious food, which are crucial for her daughter's growth.

Overall, Preeti values the independence and focused attention that come with living in a nuclear family, while also recognizing the potential benefits of joint family support. She believes that her daughter's self-esteem and confidence are fostered by the close relationship they share, but she acknowledges that exposure to a wider social network could further enhance her development.

#### **Case Study 5: Bhumi Yadav (Nuclear Family)**

Basic Details:

Full Name: Bhumi Yadav

Age: 27

Gender: Female

Education: Completed school level education (SLC)

Occupation: Grocery shop owner

Bhumi Yadav is a mother of two children, aged 5 and 3, living in a nuclear family. She operates a grocery shop attached to her home, which allows her to balance work and childcare effectively. Bhumi considers her children to be healthy and well-cared for,



attributing this to her active involvement in their daily lives. She emphasizes the importance of nutrition, stating that she prepares homemade meals for her children while occasionally allowing them to indulge in packaged foods.

In terms of parenting strategies, Bhumi maintains a structured routine that includes playtime and educational activities. She engages her children in conversations about their feelings and concerns, fostering a nurturing environment. Bhumi describes her relationship with her children as strong and affectionate, which has developed positively since their birth. She believes that positive parenting practices are essential for their emotional well-being.

While Bhumi appreciates the freedom and decision-making autonomy that comes with living in a nuclear family, she acknowledges the challenges of limited support from extended family. She values the focused attention she can provide to her children, which fosters their independence and self-reliance. Her children perform well in their early education, and she actively supports their academic activities. Bhumi is aware that their financial status allows them to access healthcare and nutritious food, which positively impacts their overall well-being.

Overall, Bhumi's case illustrates the adaptability of nuclear families in managing childrearing responsibilities while emphasizing the importance of parental involvement in children's development. She believes that the development of self-esteem and confidence in her children is enhanced by the focused attention they receive, though she acknowledges that they may miss out on the broader socialization opportunities found in joint families.

#### **Case Study 6: Ronti Devi Ram (Nuclear Family)**

Basic Details:

Full Name: Ronti Devi Ram

Age: 29

Gender: Female

Education: Completed school level education

Occupation: stay-at-home parent

Ronti Devi Ram lives with her husband and three children, aged 12, 10, and 5, in a nuclear family. She considers her children to be well-mannered and healthy, attributing their good health to a balanced diet that includes both homemade and processed foods.

Ronti emphasizes the importance of nutrition in her children's physical and psychological development, as it impacts their energy levels and overall well-being. She employs various strategies to ensure her children's growth, including maintaining a structured routine and engaging them in educational activities.

As a housewife, Ronti manages household responsibilities while ensuring her children's needs are met. She finds satisfaction in her role as a primary caregiver and actively engages in discussions about her children's feelings and concerns. Ronti describes her relationship with her children as warm and supportive, having evolved positively since their birth. She believes that open communication is essential for fostering emotional well-being.

Ronti acknowledges the benefits of raising children in a nuclear family, such as focused attention and individualized care. However, she expresses a desire for the additional support that a joint family could provide. Her children perform well academically, and she supports their studies by helping with homework and encouraging participation in school activities. They maintain good relationships with peers and neighbors, although they have fewer interactions with extended family members. Ronti is aware that their financial status allows them to access healthcare and nutritious food, which positively impacts their overall well-being.

Overall, Ronti's case illustrates the balancing act of parenting in a nuclear family while recognizing the potential benefits of joint family support. She believes that the development of self-esteem and confidence in her children is enhanced by the focused attention they receive, though she acknowledges that they may miss out on the broader socialization opportunities found in joint families.

#### **Case Study 7: Punam Devi Das (Joint Family)**

Basic Details:

Full Name: Punam Devi Das

Age: 39

Gender: Female

Education: Not specified

Occupation: stay-at-home parent

Punam Devi Das lives in a joint family with her in-laws and two daughters, aged 18 and 9. She expresses gratitude for the support her in-laws provide in raising her

children, which she believes has positively influenced their development. Punam considers her children to be healthy, attributing this to the nutritious homemade meals they receive and the active involvement of their grandparents in their care. She emphasizes the importance of nutrition and routine in fostering her children's growth. In her role as a homemaker, Punam collaborates with her in-laws to ensure her children receive the care and attention they need. She engages in discussions about her daughters' feelings and concerns, fostering a nurturing environment where they feel secure and loved. Punam describes her relationship with her children as strong and supportive, having developed positively over the years. She believes that the presence of extended family members enhances her children's emotional security and social skills.

Punam acknowledges the benefits of raising children in a joint family, including the presence of multiple caregivers who provide diverse perspectives and support. Her daughters have strong social skills and enjoy healthy relationships with peers and extended family members. Their academic performance is satisfactory, and she supports their studies by helping with homework and encouraging participation in various activities. Punam is aware that their financial stability allows them to access healthcare and nutritious food, which contributes to their overall well-being.

Overall, Punam values the collaborative nature of joint family living, which she believes enhances her children's emotional and social development. She acknowledges that while joint families provide support, they can also lead to conflicts due to differing parenting styles, which requires careful management.

**Case Study 8: Neha Singh (Nuclear Family)**

Basic Details:

Full Name: Neha Singh

Age: 32

Gender: Female

Education: Bachelor's degree in English

Occupation: Teacher

Neha Singh lives in a nuclear family with her husband and two daughters, aged 10 and 7. She considers her children to be healthy and well-adjusted, attributing their wellbeing to her active involvement in their education and daily routines. Neha emphasizes the importance of nutrition, stating that she prepares homemade meals for her family and encourages healthy eating habits. To ensure her children's growth, she maintains a structured environment and engages them in educational activities.

As a teacher, Neha finds fulfillment in supporting her daughters' academic endeavors. She assists them with their homework and encourages their participation in extracurricular activities, which she believes fosters their social skills and confidence. Neha describes her relationship with her children as warm and encouraging, allowing them to express their feelings and concerns freely. She believes that open communication is essential for fostering emotional well-being.

While Neha appreciates the focused attention her children receive in a nuclear family, she recognizes the potential limitations of having fewer social interactions. Her daughters perform well academically and maintain good relationships with peers, but Neha is aware that more community connections could enhance their social development. She is also mindful that their financial situation impacts their access to healthcare and nutritious food, which are crucial for her daughters' growth.

Overall, Neha values the independence and focused attention that come with living in a nuclear family while also recognizing the potential benefits of extended family support. She believes that her daughters' self-esteem and confidence are fostered by the close relationship they share, but she acknowledges that exposure to a wider social network could further enhance their development.

**Case Study 9: Prakash Chaudary (Nuclear Family)**

Basic Details:

Full Name: Prakash Chaudary

Age: 44

Gender: Male

Education: Not specified

Occupation: Math teacher and business owner

Prakash Chaudary lives in a nuclear family with his wife and two daughters, aged 15 and 12. He considers his children to be healthy and well-adjusted, attributing their wellbeing to a balanced diet and active engagement in their academic and social lives. Prakash emphasizes the importance of nutrition, stating that he and his wife prioritize home-cooked meals while occasionally allowing their daughters to enjoy junk food.

As a math teacher, Prakash actively participates in his daughters' education, assisting them with their studies and encouraging their involvement in extracurricular activities. He describes his relationship with his daughters as warm and supportive, allowing them to express their feelings and concerns freely. Prakash acknowledges the challenges of managing work and family responsibilities but finds fulfillment in being present for his children.

When discussing the impact of living in a nuclear family, Prakash reflects on the benefits and drawbacks of this structure. He appreciates the focused attention his daughters receive, which he believes contributes to their academic success and personal development. However, he also recalls the struggles of raising children without the support of extended family, particularly during times when his wife needed to rest. This aspect of his experience highlights the potential challenges faced by nuclear families in providing comprehensive support for child-rearing.

Prakash expresses a preference for joint family structures, citing the advantages of having multiple caregivers and role models for children. He believes that the presence of extended family members could enhance emotional support and socialization opportunities for his daughters. His case illustrates the complexities of parenting in a nuclear family, emphasizing the importance of parental involvement while recognizing the potential benefits of extended family support in fostering children's development.

**Case Study 10: Laxmi Yadav (Joint Family)**

Basic Details:

Full Name: Laxmi Yadav

Age: 35

Gender: Female

Education: High school diploma

Occupation: Homemaker

Laxmi Yadav lives in a joint family with her husband, three children (ages 12, 9, and 5), her parents-in-law, and her brother-in-law's family. She considers her children to be physically healthy, attributing their well-being to the collective care provided by multiple family members. Laxmi believes that nutrition plays a crucial role in both physical and psychological development, as it affects their energy levels and concentration in school. To ensure her children's healthy growth, she employs several strategies, including preparing nutritious meals, maintaining a structured daily routine, and encouraging physical activity.

The presence of extended family members allows Laxmi to share responsibilities, alleviating some challenges of parenting. She finds it easier to balance work and home life, as her in-laws assist with childcare, enabling her to focus on her household duties. Laxmi actively engages in discussions about her children's feelings and concerns, fostering a nurturing environment where they feel secure and loved. Her relationship with her children is characterized by warmth and mutual respect, which has developed positively as they have grown.

Laxmi acknowledges the benefits of raising children in a joint family, including multiple caregivers who provide diverse perspectives and support. Her children have strong social skills and enjoy healthy relationships with peers and extended family members. Their academic performance is satisfactory, and she supports their studies by helping with homework and encouraging participation in various activities. Laxmi is aware that their financial stability allows them to access healthcare and nutritious food, which contributes to their overall well-being.

Overall, Laxmi values the collaborative nature of joint family living, which she believes enhances her children's emotional and social development. She acknowledges that while joint families provide support, they can also lead to conflicts due to differing

parenting styles, which requires careful management. Laxmi believes that the development of self-esteem and confidence in her children is fostered by the secure environment and diverse role models they experience in their joint family setting.

## Findings

The qualitative study titled "A Comparative Study of Child Rearing Practices in Nuclear and Joint Families in Ward Number 7 of Rajbiraj Municipality, Saptari" investigates the differences in child-rearing practices between nuclear and joint family structures. The research highlights the historical context of family dynamics in Nepal, noting a significant demographic shift from predominantly joint families to nuclear families, as indicated by the National Census 2021. This shift raises questions about the implications for child development, as joint families traditionally provide a supportive environment through multi-generational interactions, while nuclear families offer focused parental involvement.

The study identifies various child-rearing styles influenced by family structure, including permissive, authoritative, neglectful, and authoritarian approaches. These styles significantly impact children's developmental outcomes in areas such as social skills, emotional resilience, and cognitive abilities. Joint families tend to foster stronger family relationships and social competencies due to the presence of multiple caregivers, while nuclear families may promote independence and self-reliance but could limit social interactions.

In examining the cultural context of Rajbiraj, the research underscores the interplay between traditional values and modern influences on child-rearing practices. The findings suggest that while joint families provide a broader support network, nuclear families may offer more direct parental engagement. The study aims to fill a gap in existing literature regarding the effects of family structure on child development, particularly in urban settings, and to inform policies that support families in adapting to changing societal norms.

The research methodology includes qualitative interviews and surveys to gather data on parenting practices and challenges faced by families in both structures. The results indicate that parents in joint families benefit from shared responsibilities and emotional support, reducing stress and enhancing child welfare. Conversely, parents in nuclear families report challenges related to limited support and increased pressure on individual caregivers.

The significance of this study lies in its potential to inform child welfare policies and practices in Nepal. By highlighting the advantages and disadvantages of both family structures, the research provides insights for developing targeted interventions that



promote healthy child development. It emphasizes the need for a nuanced understanding of how cultural and economic factors influence child-rearing practices in different family contexts.

Overall, the study concludes that both nuclear and joint family structures have unique strengths and challenges that affect child development. Future research is encouraged to explore these dynamics further, particularly in diverse cultural settings across Nepal, to enhance the understanding of effective child-rearing practices and support systems.

## **CHAPTER-V**

### **SUMMARY, CONCLUSION AND RECOMMENDATIONS**

#### **Summary**

This research focuses on comparative analysis of child rearing practices across the nuclear and joint families. These research paper is titled as, 'A Comparative Study of Child Rearing Practice in Nuclear and Joint Families within Ward Number 7 of Rajbiraj Municipality Saptari'. In Chapter I, the role that family structures in children's upbringing is explained with emphasis on the fact that children from joint families experience better emotional support, better cognitive development and better social skills especially because of interactions with other generations. The chapter describes the historical background of families in Nepal with particular emphasis on growing nuclearization of families. This just underlines the desire to explore how such change influences child rearing practices and developmental results, thus making the framework for the goals, hypothesis and research questions of the study.

Rationale for the study is established based on the literature review which highlights the findings on child-rearing practices. This paper covers several theoretical perspectives and one of them is Bronfenbrenner's Ecological Systems Theory which propounds that child development is determined by several environmental systems. The chapter analyzes prior literature relevant to parenting styles and their impact on children's emotional, social, and cognitive outcomes, specifying the lack of research comparing the outcomes of children raised in nuclear and joint families. Therefore, this review provides the framework for the development of the research questions/hypotheses that shape the study.

Specifically, the research methodology is described to outline the methods of data collection from the participants in the area of operation, Rajbiraj Municipality. Explaining the nature of the sample population and listing the methods that were involved in this study, which are surveys and interviews. There is also a consideration of ethical issues and steps that were observed in the validity and reliability of the collected data. Such an approach is fundamental in order to understand hardcore changes of child-rearing practices in single/multiple families.

The data analysis and the study findings deals with the study employed both the descriptive and inferential statistics to analyze the difference in child-rearing practices

of nuclear and joint families. The discussed analysis provides semi-structured findings and discovers basic patterns: Indeed, joint families offer more extensive support, but the nuclear families can be liberating for children. For the purpose of analysis, the chapter incorporates the use of tables and graphs in order to display the results in relation to the set research questions mentioned in the earlier chapters. In general, the thesis plan should help to reveal the child development peculiarities in Nepal as well as to contribute to the creation of the correspondent policies that would promote the effective child-rearing in the different types of families.

### **Conclusion**

The study "A Comparative Study of Child Rearing Practices in Nuclear and Joint Families within Ward Number 7 of Rajbiraj Municipality, Saptari" presents significant findings regarding the impact of family structure on child development. The research highlights that children raised in joint families benefit from a nurturing environment characterized by enhanced emotional support, social skills, and cognitive development. The presence of multiple caregivers in joint families fosters a sense of community, leading to greater empathy, environmental mastery, and overall well-being in children. Conversely, while nuclear families promote independence and focused parental involvement, they may also create challenges related to limited social interaction and emotional support.

The shift from joint to nuclear families in Nepal reflects broader societal changes, including economic pressures and evolving gender roles. The study underscores the importance of understanding these dynamics as they influence child-rearing practices and developmental outcomes. It suggests that while nuclear families may provide a more individualized approach to parenting, the lack of extended family support can lead to increased stress for parents and potential developmental challenges for children.

The research methodology involved qualitative interviews and surveys, allowing for an in-depth exploration of parenting styles and the challenges faced by families in both structures. The findings indicate that parents in joint families experience shared responsibilities and emotional support, which alleviate stress and enhance child welfare. In contrast, parents in nuclear families often report feeling overwhelmed due to the absence of a broader support network.

The study contributes to the existing literature by filling a gap in understanding the comparative effects of family structures on child development in urban settings like

Rajbiraj. It emphasizes the need for targeted interventions and policies that support families in adapting to changing societal norms. The findings are particularly relevant for policymakers and practitioners in the field of child development, as they highlight the relative advantages and disadvantages of both family structures.

In conclusion, the research advocates for a balanced perspective on family structures, recognizing that both nuclear and joint families have unique strengths and challenges in terms of child-rearing practices. Future research is encouraged to further explore these dynamics, particularly in diverse cultural contexts across Nepal, to enhance the understanding of effective child-rearing practices and support systems. The study ultimately aims to inform policies that promote healthy child development and family welfare in a rapidly changing society.

### **Recommendations**

The findings from the study on child-rearing practices in nuclear and joint families within Rajbiraj Municipality provide valuable insights that can inform various stakeholders, including policymakers, educators, and students. Here are several recommendations based on the study's conclusions:

For Policymakers:

**Support Family Diversity:** Recognize the unique strengths and challenges of both nuclear and joint family structures. Policies should promote family diversity and provide resources that cater to the specific needs of each family type. This could include parenting programs that emphasize the benefits of extended family involvement in child development.

**Enhance Community Support Systems:** Develop community-based initiatives that foster support networks for nuclear families, such as parenting workshops and peer support groups. These initiatives can help mitigate the isolation often experienced by parents in nuclear settings, ensuring they have access to resources and shared experiences.

**Integrate Family Dynamics into Child Welfare Policies:** Ensure that child welfare policies consider the family structure when designing interventions. This includes recognizing the potential advantages of joint family systems in providing emotional and social support, which can be crucial for child development.

For Educators and Practitioners:

**Incorporate Family Education into Curricula:** Educational institutions should include modules on family dynamics and child development in their curricula. This will help future educators and practitioners understand the implications of different family structures on child-rearing practices and developmental outcomes.

**Facilitate Parent Engagement:** Schools should create programs that encourage parental involvement in children's education, recognizing the differences in engagement levels between families. Workshops that educate parents on effective child-rearing practices can enhance their skills and confidence.

**For Students:**

**Promote Awareness and Understanding:** Students should be encouraged to explore the impact of family structures on child development. This can be achieved through projects, discussions, and research initiatives that highlight the importance of diverse family dynamics in shaping children's experiences.

**Engage in Community Service:** Encourage students to participate in community service programs that support families, particularly those in nuclear settings. This involvement can provide practical experience in understanding family dynamics and the challenges faced by different family structures.

In conclusion, the study underscores the need for a comprehensive approach to childrearing practices that acknowledges the strengths and limitations of both nuclear and joint families. By implementing these recommendations, stakeholders can contribute to healthier family environments that support the optimal development of children in Rajbiraj and beyond.

## **Social Work Intervention**

Social work intervention means the ways and means adopted by social workers to help the clients and other stakeholders on issues of social concerns which need improvement. These interventions can be categorized into three distinct levels: There are three levels of intervention namely; micro, mezzo, and macro.

### **Micro Intervention**

Micro changes are applied on a person to person or a few people at a time. It means that this level of intervention is most commonly used to resolve individuals' problems, be they mental, family, or behavioral. Entered level: This level of social work

established, may offer counselling or therapy to clients and or give direct support.

Techniques can include:

Individual Counseling:

Supporting an identification of clients' concerns regarding their emotions, impressions, and actions to enhance future development and adaptation.

Family Therapy:

Offering counselling services and supporting the families in arriving at beneficial solutions for conflicts taking place among family members.

Crisis Intervention:

Ensuring that those experiencing critical life events receive being emergency services, counseling, and artifacts such as food and clothes in cases such as bereavement, sexual assault, suicidal conditions, or any other life-altering events.

### **Mezzo Intervention**

Mezzo interventions occur at the community or organizational level. This strategy entails planning and implementing development projects with a group, community, or institution in mind with the objective of addressing social problems or improving on the general quality of life in the targeted area. Examples include:

Group Work:

Discussing and arranging the support group or workshops which uses social skills, coping strategies and social interactions.

Community Development:

Engaging residents in need, work with them to come up with programs and execute strategies on improving on infrastructure available in the community.

Policy Advocacy:

ALA works closely with organizations and local governments to promote healthy policies as a way of improving the quality of the community's population.

### **Macro Intervention**

Macro level interventions are, therefore, aimed at the big picture; policy and legal frameworks and social systems. This level involves objectives and goals that focus on policy and system transformation to deal with large social concerns. Key activities include:

**Policy Analysis and Advocacy:**

Studies or lobbying for the amendments of laws and/or policies that may have an impact on certain groups of people in the society.

**Social Justice Initiatives:**

Resist the pollution of institutional racism and oppression to attempt to rectify the imbalance through activism and organizing.

**Research and Evaluation:**

Carrying out researches to assess the impact of the social interventions and policies with the intention of feeding future implementations.

All of these intervention levels is critical within the general practice of social work, which should enable professionals to combat problems ranging from individual need to systemic problems efficiently.

## Appendix-I Questionnaire:

### Disclaimer

I am Rinkey Marar, a student of Masters of Social Work, Tribhuwan University. The research is aimed at collecting information to complete the Thesis. The following questions are for information and academic purposes only. The questions are asked with the consent of the respondents and the entire gathered information will be kept confidential. The findings, interpretations, and conclusion will be presented on the basis of the sharing, experience, and belief of the respondents and no identifiable information of the responses will be disclosed. Participating in this research questionnaire is completely voluntary.

### Questionnaire

#### Basic details of respondents

Full name Age:

Gender:

Education:

Occupation:

1. How many children do you have? What are their gender and age?
2. Do you consider your child to be physically healthy? And what factors make you think this way?
3. What strategies did you apply from pregnancy to now to ensure your child's healthy physical growth and development? (
4. In your viewpoint, what role does nutrition play in the physical and psychological development of the child?
5. How do you think the financial status of parents in a nuclear family impacts access to healthcare, medical check-ups, and nutrition diet for children?
6. As a working parent, how challenging do you find it to separate enough time for cooking, cleaning, and feeding children multiple times in a day?
7. Can you describe the relationship with your child from birth to the present?
8. How do you manage to engage in discussion of your child's feelings, sense of freedom, concerns, and worries and provide them with guidance and suggestions?



9. What are in your belief, the benefits and drawbacks of raising children in a nuclear family when it comes to a child's education?
10. How is your child's academic performance and how do you support your child with academic activities?
11. How is your child's relationship with peers and friends in school?
12. How is your child's relationship with neighbors and extended family members?
13. How do you help your child to build healthy socialization skills?
14. Does the development of self-esteem and confidence differ between children raised in a nuclear family and those raised in other family types?
15. What are your thoughts on rearing a child in nuclear family arrangements and other family structures?

**Appendix-II Photos:**

Image taken while interviewing with Male Respondent:



Image taken while interviewing with Female Respondents:





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