

Family Stress Theory			
<p>Stress is an inevitable part of family life, and any event, even if positive, can be stressful for family.</p> <p>Family encounters both normative expected stressors and unexpected situational stressors over life cycle.</p> <p>Stress has a cumulative effect on family.</p> <p>Families cope with and respond to stressors with a wide range of responses and effectiveness.</p>	<p>Potential to explain and predict family behavior in response to stressors and to develop effective interventions to promote family adaptation.</p> <p>Focuses on positive contribution of resources, coping, and social support to adaptive outcomes.</p> <p>Can be used by many disciplines in health field.</p>	<p>Relationships between all variables in framework not yet adequately described.</p> <p>Not yet known if certain combinations of resources and coping strategies are applicable to all stressful events.</p>	<p>Transition to parenthood and other normative transitions, single-parent families, families experiencing work-related stressors (dual-earner family, unemployment), acute or chronic childhood illness or disability, infertility, death of a child, divorce, and teenage pregnancy and parenthood.</p>
Developmental Theory			
<p>Families develop and change over time in similar and consistent ways.</p> <p>Family and its members must perform certain time-specific tasks set by themselves and by persons in the broader society.</p> <p>Family role performance at one stage of family life cycle influences family's behavioral options at next stage.</p> <p>Family tends to be in stage of disequilibrium when entering a new life cycle stage and strives toward homeostasis within stages.</p>	<p>Provides a dynamic, rather than static, view of family.</p> <p>Addresses both changes within family and changes in family as a social system over its life history.</p> <p>Anticipates potential stressors that normally accompany transitions to various stages and when problems may peak because of lack of resources.</p>	<p>Traditional model more easily applied to two-parent families with children.</p> <p>Use of age of oldest child and marital duration as marker of stage transition sometimes problematic (e.g., in stepfamilies, single-parent families).</p>	<p>Anticipatory guidance, educational strategies, and developing or strengthening family resources for management of transition to parenthood; family adjustment to children entering school, becoming adolescents, leaving home; management of "empty nest" years and retirement.</p>

Family Systems Theory

Family systems theory is derived from general systems theory, a