

# **PERSONAL RELATIONSHIP AND FAMILY VALUES**

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## PREFACE

*Assalamualaikum Warohmatullohi Wabarakatuh*

*Allhamdulillahirabbilalamin*, In the name of Allah SWT, the beneficent, the merciful. All praises be to Allah SWT, the lord of the worlds, who has given the health and strength to the writer in complementing this paper entitled **“Personal Relationship and Family Values”**. May Allah is peace and blessing be upon his final prophet and messenger, Muhammad SAW, writer’s family and writer’s companions.

On this occasion, the writer would like to thank profusely to all those who have helped the writer in completing the writing of this paper, to the lecturer in Teaching English for Young Learners for the support and motivation and also to friends who have contributed their ideas and motivation for writing this paper.

The writer are fully aware that the many flaws in the writing of this paper, in terms of material, technical and presentation material. Therefore, the writer expect criticism and constructive suggestions to further refine the writing of this paper. Finally, the writer hopes that the writing of this paper can be useful for readers.

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***The Writer***

## **A. Personal Relationship**

In relationships, just as in every other aspect of life, the spirit and attitude with which you do things is at least as important as your actual actions. Embrace and incorporate these powerful values, and you will start living with more integrity, honesty, compassion and enthusiasm. This, in turn, will breathe new life into your relationship.

The type of relationship which is closely associated with a person and which can only have meaning to this person.

### **1. Own your own relationship**

You are fully accountable for your relationship. You can never again believe you're a martyr suffering in your relationship because of an unworthy partner. Only when you stop seeing yourself as a victim will you start to see yourself as a fully competent and potent force in your relationship.

### **2. Accept the risk of vulnerability**

Do not let fear paralyze your life. Wanting, reaching out and letting yourself hope makes you vulnerable. At least by putting yourself on the line, you have the chance of getting what you want, as opposed to hurting with no chance of getting what you want. Not to venture is to lose yourself.

### **3. Accept your partner**

If your partner experiences in you the spirit of acceptance, then it is most likely that he/she will find you approachable. Two partners who are moving toward each other, rather than both trying to seek safety from pain, have a dramatically improved chance of reconciliation.

### **4. Focus on friendship**

You have to take a step back from the problems and pain of your intimate interactions, and focus on your partner's positive qualities. Turn back the clock and recall what it was that started the friendship that matured into an intimate relationship.

### **5. Promote your partner's self-esteem**

You must bring the spirit of acceptance into affirmative, interactive action. Find the courage and creativity to promote and protect your partner's self-esteem,

even when you feel compelled to be critical. By using the value of self-esteem, you provide a much more nurturing atmosphere, one your partner will not want to abandon.

#### **6. Aim your frustrations in the right direction**

Work at sorting out the causes of your frustration, and resist the impulsive temptation to pick at your partner. Once you start seeing that the negative things you perceive in your partner are often things you see in yourself, you will literally alter the nature of your interactions with your partner.

#### **7. Be up front and forthright**

Nothing can be more frustrating than what is referred to as an incongruent communication, where an individual says one thing yet indicates something dramatically different with his or her nonverbal conduct. Strive to express your feelings in a mature and responsible way. By being honest about your emotions, you base your relationship upon integrity rather than lies and deception.

#### **8. Make yourself happy instead of right**

Start evaluating the things you do in your relationship based on whether those thoughts, feelings and actions are working. For example, you don't have to prove over and over that you know what you're talking about more than your partner. Instead, choose a different emotion such as tolerance, understanding or compassion that does not escalate hostility in your relationship. By deciding to be happy rather than right, you will be receptive to your partner's attempts to deescalate hostility and return to civil interactions.

#### **9. Allow your relationship to transcend turmoil**

Rough times and arguments happen, and one way or another, they are going to impact the relationship. You must vow to no longer use threats as a lever to manipulate and control your partner. By doing so, you're setting a clear limit on the places a spirited discussion with your partner will not go.

#### **10. Put motion into your emotion**

You must turn the concept of love into a proactive behavior. Don't be so consumed with negative messages that your expectations are low. You must require yourself and your relationship to truly be better.

## B. Family Values

If you asked most Americans what the cultural values in the U.S. are, you might get some blank stares, or a statement of some basic beliefs. The question may seem simple, but the answer is quite complex. In a society as highly diverse as the United States, there is likely to be a multitude of answers.

American culture has been enriched by the values and belief systems of virtually every part of the world. Consequently, it is impossible to be comprehensive. Nevertheless, a few selected values are at the core of the American value system. And in this course, we will study through American Family Values.

Family values are things that are many times passed down from generation to generation, and they play a monumental role in how your child learns and grows. Defining this time will help you to understand what is important and what it means when you are talking about issues such as family time, play time, and other larger issues such as spirituality and the beliefs that you wish your child to grow up with.

In order to understand the American family value we need to explore values concerning *children, young adults, the elderly, the nuclear family, the extended family* and everything to be related with family values.

### 1. Definition of Family – Values

The dictionary defines *a value* as "a principle, standard or quality considered worthwhile or desirable." The definition of *family* is "two or more people who share goals and values, have long-term commitments to one another and usually reside in the same dwelling." The difference in family structures can result in a difference in family values. For example, a cohabitant couple with no children may have a different value structure than a husband and wife with three children. Values change as the structure of a family changes, and ideals also change with the times and with geography; a family that moves to another state often sees some shift in their ideals.

In family values are rules or ideals that, as a family, we agree to live by and stay true to. The list of essential family values would be a mile long no doubt and the top 10 lists for each family would be as unique as the one that came up with it.

Having strong well defined family values helps solidify the foundation for a strong, tight knit family. When cultivated long enough this closeness provides a soft place to fall when life doesn't go according to plan. Strong and consistent family values are important in building trust and confidence in each family member.

## 2. 10 essential lists family value

- a. **Belonging.** It is important that each member of the family feel that they are loved, that they belong and that they matter. Being a cohesive family could mean that we spend every spare minute together doing family activities but keep in mind that everyone is different. Creating a strong family unit is great but each person should be allowed the space and freedom to explore the activities they think they may enjoy. People are more courageous and more willing to take chances if they know they have a safe place to come back to when things don't quite work out. Coming together for special occasions and holidays and just spending time together as a family is what helps build that sense of belonging.
- b. **Flexibility.** In order, schedules and structures in the family help maintain some level of sanity. But too much structure and the unwillingness to give a little can result in a lot of unhappiness and resentment. The more flexibility we have in decision making, for example, the happier our family will be for it. Imagine one member of the family always thinking they are right and enforcing their way of doing things. This certainly wouldn't lead to much happiness within the family unit.
- c. **Respect.** This is a bit more difficult to define. For my family, to respect each other is to take feelings, thoughts, needs, and preferences in to account when making decisions. It also means acknowledging and valuing everyone's thoughts, feelings and contributions to the family as a whole. Respect is indeed earned and there is a very fine line between it and fear. The only way to earn and keep someone's respect is to first

show them respect yourself. Respect as an important family value will extend out of the home and into school, work or other social settings.

- d. **Honesty.** This is the foundation of any relationships that are meant to last. Mother-daughter, husband-wife, sister-brother. Without honesty a deeper connection will not form and certainly won't last. Encourage honesty by practicing understanding and respect when someone tells you of their wrong doings. If we lose it and get angry when we're told what has happened the other person will be more likely to hide it from you next time simply to avoid the disrespect.
- e. **Forgiveness.** Forgiving people who have wronged you is an important choice to make. Yes, forgiveness is a choice. It is not some feeling that randomly washes over you when you feel the other person has "suffered" enough. This can be tough since a lot of us tend to equate forgiveness with saying what you did was okay. They are **not** the same thing. Holding a grudge, is not conducive to a close family with mutual respect. Keep in mind that everyone makes mistake, we all occasionally say things we wish we hadn't and no of us are perfect. Refer to value 3 communication. Get issues out in the open, gain some understanding and move on. Life is too short.
- f. **Generosity.** Giving without thinking "what's in it for me" is an important value for anyone wanting to be a responsible, contributing member to society. Through generosity we build empathy since we tend to think more about what people want or need. Being generous doesn't mean simply handing over money to someone in need. It can also include giving your time, love, attention or even some of your possessions.
- g. **Curiosity.** Children have a natural curiosity. If you've ever watched a toddler even for a couple of minutes you'd see that quality shine through. For some that curiosity wanes. I think it's important to encourage and push our kids and even ourselves to be curious about things. Rarely should we ever just take someone's word for it. How do we spark our curiosity? Ask questions. Lots of them. Read about a topic you know very little about and don't be afraid to say you don't know. Critical

thinking is an important skill that can be learned and developed through exploring your own curiosity.

- h. **Communication.** Communication is as much an art as it is a science. A failure to communicate will like lead to unhappiness and misunderstandings. Small issues grow into larger ones and when they eventually boil to the surface it's unlikely they will be resolved calmly. Communication is a lot more than simply speaking your mind. In addition to spoken words, communication also extends to tone, volume, expression, eye contact, body language and effective listening. I would argue that this is the most important value for families to have. When people feel they can talk openly about anything – hopes, dreams, fears, successes or failures – all without judgment, it's encouraging and strengthens the bond.
- i. **Responsibility.** We'd all like to be considered responsible people. Some of us are and some of us are decidedly less so. Responsibility is something that is learned. As a child you may have been shown how to put your toys away after playing, how to tidy your room or how and when to feed the dog. This sense of responsibility extends well into adulthood. An adult who has an intrinsic sense of responsibility doesn't require a lot of prodding to show up to work on time, return phone calls or meet deadlines. Setting out individual responsibilities for family members works to instill this quality in everyone.
- j. **Traditions.** This is by far the most fun for me. I think traditions are what make a family unique, they draw people together and create a sense of belonging for everyone. Traditions don't need to be expensive, elaborate or a lot of work. It can be something as simple as a lazy Saturday morning sipping coffee and chatting or an annual fondue dinner to ring in the new year. If you don't currently have traditions in your family, create them! All traditions started with one person why not let your family traditions start with you? Get creative and have fun.



**DAFTAR PUSTAKA**

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