

### Unit- 3 : Understanding Harmony in the Family and Society: Harmony in Human-Human Relation

#### Short Note on Nyaya, Abhaya, Akhand Samaj, SarvaBhaum Vyavastha.

##### **Nyaya-**

The Sanskrit meaning is rational argument. This is one of the six orthodox schools of hindu philosophy that focuses on logic. Based on text know as Nyayasutra written by Akshpad Gautam, this school made a very significant contribution to the study of logic and epistemology in Indian thoughts.

Nyaya has certain characteristics. In order to understand the basic characteristics based on the references available in ancient literature. This concept is very well defined in Vedas and Upanishads. Nyaya is-

- i- Science of reasoning
- ii- Cause of creation
- iii- Rational way to know God
- iv- Knowledge validation.

##### **Abhaya-**

Gesture of fearlessness. Fear is only a delusion created by the mind, lack of fear is also delusion created by the mind. Mistaking one thing for another leads for fear; recognizing the mistake and rectifying it, leads to the removal of fear. These two, Bhaya and Nirbhaya are associated with fear and the freedom from fear.

##### **Akhand Samaj-**

Akhand Samaj is the state of the society where all people of deferent religion and thought process live together and work towards betterment of the society. The akhand samaj is achieved when every human being realizes-established values and expression-values. When we look at our India, we found that this nation is combination of deferent cultures. The country which is respected for its multi religious, multi linguistic and multi cultural richness is suffering with dividedness.



## **Sarvabhaum Samaj-**

The sarvabhaum vyavastha is the state of realizing the freedom of individual in context of this universe. The respect towards mankind and nature is must to establish the universal order. This phenomenon elaborate that all the people on this earth should be covered by one law and follow the same set of values. The universal values should be governing principle of this world. Every individual should feel good and secured. Equality and justice should prevail.

### **Function of Family-**

There are many responsibilities or functions of a family. These are-

- i- Satisfaction of psychological needs
- ii- Economic co-operation
- iii- Maintaining the morality
- iv- Giving legitimacy to the children
- v- Fulfill the emotional needs
- vi- Social, religious and cultural recognition.

It can be divide into two types-

#### **Essential functions:**

- a- Placement
- b- Socialization

#### **Non-essential function:**

- a- Economy
- b- Education
- c- Cultural
- d- Health and recreation
- e- Care of aged
- f- Political control Physical protection
- g- Social.

### **Definition of Family-**

"A family is a social and economic unit consisting minimally one or more parents and their children". – Ember and Ember

"A family is a social group characterized by common residence, economics, co-operation and reproduction". –Mar dock



## Meaning of Family-

A family is a set of people living together attached with blood relations. This is heterogynous in nature and starts with marriage followed by reproduction of generation, supported by economic and social bonds.

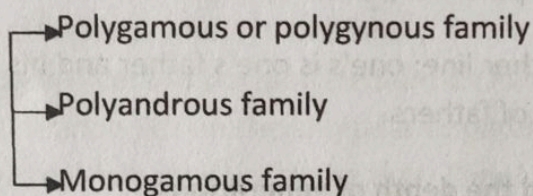
The family in a traditional society forms the primary economic unit. The head of the family normally bears the economic responsibility of the entire family. In most of the cases man works as head of the family and woman takes care of sibling and home related matters. Latter on support comes with the other family members like son. In modern time it gradually diminishes. Today we are talking about the dual income family where husband and wife both are earning members.

## Types of Family-

The family is a very complex structure. This cannot be explained by taking any single parameter. The actual classification can be broadly done on deferent bases. The details are as follows-

- 1- On the basis of marriage
- 2- On the basis of nature residence
- 3- On te basis of ancestry or decent family
- 4- On the basis of size or structure and the depth of generaton
- 5- On the basis of nature of relations.

### 1- On the basis of marriage-



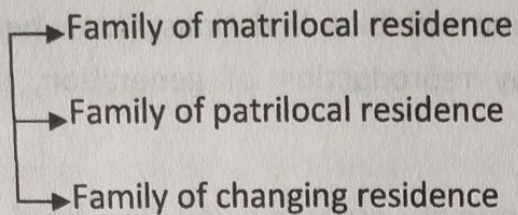
**Polygamous or polygynous family-** Polygamy is a form marriage in which a person has more than one spouse at the same time. When a man has more than one wife, the relationship is called polygyny; and when a woman has more than one husband, it is called polyandry.

**Polyandrous family-** Refer to form of sexual union, in which a woman is married two or more husband at the same time. The form of polyandry in which a woman is married two or more brothers is known a "fraternal polyandry", and it is believed by many anthropologist to be the most frequently encountered form.

**Monogamous family-** This refers to single spouse family.



## 2- On the basis of the nature of residence-

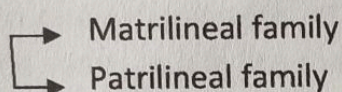


**Family of matrilocal residence-** This type of family refers to husband residing with wife's parent after marriage.

**Family of patrilocal residence-** Patrilocal residence is structured by a rule that a man remains in his father's house after reaching maturity and brings his wife to live with his family after marriage.

**Family of changing residence-** This types of family refers to the family that keeps on changing their residence after marriage. They are not specific to one place and stay away from ancestor place.

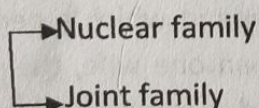
## 3- On the basis of Ancestry or Decent family-



**Matrilineal family-** A matrilineal family is one that follows its ancestry and descendants through the maternal (Mother's) line rather than the paternal (Father's) line.

**Patrilineal family-** A patriline is literally a father line; one's is one's father and his father and his father ad infinitum, one's nearly infinite line of fathers.

## 4- On the basis of size structure and the depth of generations-



**Nuclear family-** This is small family unit of parents and children only.

**Joint family-** A joint family can also be known as a complex family, parents and their children's families often live under a single roof. This types of family often includes multiple generations in the family.



## 5- On the basis of the nature of relation-

- The conjugal family
- Consanguine family

**The conjugal family-** This type of family consists of adult members among there exists sex relationship.

**Consanguine family-** This type of family consists of members among whom there exists blood relationship brother and sister, father and son etc.

By this time, we have understood the concept and significance of family, functions and responsibilities of family and types of deferent family set up.

### How one could maintain harmony in family?

Or

#### Harmony in family relation.

Family feuds can cause depression, anxiety, sleeplessness, loss of appetite, sadness, confusion and rage. No one wants to live like that! Some simple rules for turning family feuds into family fun are below-

- 1- Let's understand, we are the responsible person of the family. We should know our responsibilities very clearly without overlapping with other's. This nature will bring a sense of belongingness in the family.
- 2- Parents are very important element of Family. The prime responsibility to run smooth family relation lies on the shoulder of parents' so they needs for extra cautious. Parents are the real role models for the kids. They look at them with great hope. Their well being depends largely on parents' conduct.
- 3- Children need strong emotional support along with adequate monetary support. The wording like- "don't worry my son, work hard we are with you" can bring wonderful results. Healthy family environment is essential requirement for a well knit family.
- 4- Old generation like grand father and mother are the real assets of the family. Complete respect can be translated to very good guidance for every member of the family. Remember that they carry a very rich experience with them that one can only get after spending so much time in life.
- 5- Learn to respect each other thoughts. Even small kid has some sort of self respect. Treat every person in family as important.
- 6- Pay respect and get respect.



- 7- Never take relations as granted. Children most of the time take parents' guidance as granted. Remember parents know you better. They keep ignoring your small mistake and try to give you time to correct. But this doesn't mean they don't know anything.
- 8- Take out some time to spend with every family member. If not possible daily at least in a week you can do this. This will make bond strong.
- 9- Every individual carry its own personality. When our all fingers are not of identical size how can you think that all members will act in same way? So never try to treat all with same wavelength. Adjust as per individual. Give every person space.
- 10- The dreams are very important for every person but not the cost of family. The idea should be acceptable to majority of family members. Try to convince not impose. This will help you a lot in long term relation.
- 11- The problem with relations is that even if you do not like you have to live with them. The best is to avoid any kind of disconnect and establish dialogue. Solution will bind to come. Even if you will not be able to convince at least you can save your family.
- 12- Family harmony is the basic foundation on which the entire edifice to social harmony is built.

## **Value in Human-Human Relations**

### **Values in Relations-**

No individual or nation can live by holding itself apart from the community of others, and whenever such attempt has been made under false ideas of greatness, policy or holiness- the result has always been the disastrous to the secluding one.

The beauty of life is relationship. From the time of birth to death we remain trap in a web of relationships. Our family, friends, office, social and many other are the threads of his web. These relations give us a lot and take a lot from us as well.

They may change our entire personality even. You will not be able to recognize the reasons behind it but somehow these changes will link to relations. Here it does not mean that relations are bad and one should not take care of that. But practically you cannot enjoy the life in totality with them or without them. It means you have to be the part of this.

There are certain basic and important values in maintaining relationship. These values, we all know, are the backbone of the health and happy family relations. The feeling, emotions, sentiments and respect all are of real importance. These values lead to elimination of friction and establishment of total harmony in relationship on long term basis.

The basic values is-



- 1- Commitment
- 2- Respect (Samman)
- 3- Trust (Visvas)
- 4- Un conditional Acceptance & Empathy
- 5- Honesty and Transparency
- 6- Equity and Justice (Nyaya)

### **Trust (Visvas)-**

"It is better to be trusted than to be loved". Trust is both emotional and logical act. Emotionally, it is where you expose your vulnerabilities to people. But believing they will not take advantage of your openness. Logically, it is where you have assessed the probabilities of gain and loss, calculating expected utility based on hard performance data, and concluded that the person in question will behave in a predictable manner. In practice, trust is a bit of both. I trust you because I have experienced your trust worthiness and because I have faith in human nature. We feel trust. Emotions associated with trust include companionship, friendship, love, agreement, relaxation, comfort. There are a number of different ways we can define trust. Trust is the mental state, which cannot be measured directly. Confidence is the results of trusting may be measured through behavior.

### **Samman (Respect)-**

Respect is right evaluation. Respect is one of the most important human value for establishing relation of peace- and yet remains elusive : its understanding varies according to age (child, teen, adult) to one's education and surrounding culture. It is better understood when combined with other values; a disposition that is deeper than civility, very close to consideration and approaching appreciation. Indeed, to respect someone, one must be able to appreciate some of his/her opinions or past behavior.

Respect is the basic normal value or need which makes us aware that we are human being not wild animals. So we should respect others and should be respected by others to prove our human identity among all other creatures present on this earth. The awareness about respect must be instilled in every human being from his childhood whether he belongs to a lower social class or an aristocratic section of society. Respecting your parents, teachers and elders is the main step forwards teaching the meaning and importance of respect in our life.

Respecting others is a silent way to express our feeling for them. It's an unspoken way of communication which build unshaken and strong relations between people respecting each other. When a person shows respect for someone, then it means that the person have some value for him.

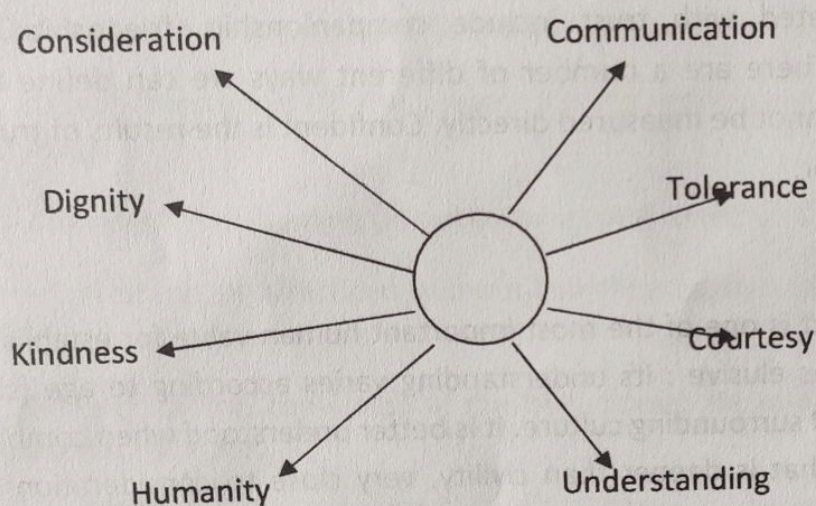


Some people particularly younger generation, thinks that showing respect to someone means that you are degrading yourself. They take respect as a sign of weakness or inferiority which could harm one's self respect. But it is absolutely wrong concept about the basic trait or emotion which makes us a real human being.

### Importance of Respect in a Society-

Respect plays a role in our everyday lives. When we go to school, there's respect. When we go to a restaurant, there's respect. When we go to your family reunion, there respect. You may not notice it, but that's only because they are being respectful to you. If you're not respectful then you will be disrespected because your being mean. So you should always be respectful to other so they will treat you the way you want to be treated.

Respect is important because it shows that one values another as an individual and that honors the personal rights and dignity of the person as a fellow human being.



People who are disrespectful often have few and alliances and others do not enjoy being near them. Making good friends and wording off enemies is simpler when a person shows respect for others.

### Ego versus Respect-

Education means the vision and this vision leads to respect. We should understand that there is very thin line that separate respect from ego. Ego is negative. It stop the progress because it narrows your vision and natural acceptance. On the other hand, respect is progressive. If allow individual to see beyond self towards the betterment of entire society. Respect doesn't mean bringing down the higher by any mean. This nature starts the process of self destruction. One can not learn the new things but, keep on thinking the evil methods to bring down the progressive person.



## Understanding Harmony in Society

### **Shortnotes on Smadhan, Smriddhi and sah Astitva (Co- existence)**

#### **Samadhan (The State of Self- Settledness)-**

Society is getting complex. The sound of the inner heart is getting diminished. There should be a balance between both. One has to be at pace with society and with nature for a successful life. Samadhan represent the right understanding in every individual. The balance is much needed to live with harmony in family and society. Conflicts are the part of life. One can not imagine problem free world but samadhan helps in living peacefully because right way will right always. Dharma is guiding principle for samadhan.

Adi Shankaracharya written in his book- "Tatva Bodha" about samadhn- Samadhan is the state of mind in which we concentrate on one single goal of life. If we have a single goal in life, our mind and efforts concentrated in single direction only and move faster tpwards our goal. There are six virtues that-

Sama- Quietude in holding the mind steadily on the object of attention.

Dama- control- mastering of the powers of perception and of action, holding them from running away.

Uparati- Cessation from leaning on outer things and external objects.

Titiksha- Endurance of afflictions without rebelling against them and without lamentation or grumbling.

Shraddha- Faith or firm conviction of the truth about the soul, the science of the soul and the teachers of that science.

Samadhan- Self-settledness in the pure eternal in an increasing measure till permanency therein is attained.

#### **Samriddhi-**

To attract abundance and prosperity, let's first understand what each word means. This meaning of abundance is; a large amount or a plentiful or overflowing quantity of something. And the definition of prosperity is the condition of being affluent and successful and having good fortune.

#### **Sah-Astitva (Co-Existence) –**

This is existence of individual with this universe. Every person is the part of society. Stand alone survival is not imaginable. One shall recognize the reality that he has to exit in the midst of others. Sastra says that existence is eternal.



Co-existence means learning to live together, to accept diversity and implies a positive relationship to the other. Our identities are defined in relation to the other. When relationships are affirmative and equal it enhance dignity and freedom and independence. When relations are negative and destructive this undermines human dignity and our own self worth. This applies to personal, group and interstate relationships.

## **Vision of Universal Harmonial Society**

### **Akhand Samaj-**

Akhand samaj is the state of the society where all people of different religion and thought process live together and work towards betterment of the society. The akhand samaj is achieved when every human-being realizes established-values and expression-values. When we look at our India, we found that this nation is the combination of different cultures. The country which is respected for its multi religious, multi linguistic and multi cultural richness is suffering with dividedness but modern Indian vision is to have undivided society.

### **Roadblocks to akhand samaj-**

There are following negative values that are the main cause for worry. These are the direct roadblocks for Akhand Samaj:

- 1- Fear
- 2- Hate
- 3- Selfishness
- 4- Egoism
- 5- Humility.