

GENERIC ELECTIVE : FAMILY RELATIONS

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
GE: Family Relations	4	3	1	0	Passed Class XII	Nil

Learning Objectives

- To develop an understanding of the dynamics of family relationships, with special reference to the Indian context
- To foster an understanding of the role of father, mother, siblings, grandparents and extended family
- To gain theoretical and practical insights into types of families
- To understand the evolution of marriage and the benefits of marriage
- To understand what contributes to healthy and resilient families, especially those with issues of equity, inclusion and access.

Learning Outcomes

By studying this course students will be able to:

- Appreciate the complex nature of the role of father, mother, siblings, grandparents in family relations
- Effectively deal with various members of one's family
- Understand what contributes to successful marriages
- Learn strategies to build family resilience; overcome the challenges of diversity, equity, inclusion and accessibility that some families face
- Support families through education, advocacy and informed public policy

UNIT I: Family (12 hours)

Defining family; Family in the Indian context; Role of the mother; Role of the father; Relationship with siblings (influence of siblings, factors that affect sibling relationships); Grandparents (Role of grandparents, factors that influence the quality of the grandparent-grandchild relationship, impact on grandchildren and grandparents)

UNIT II: Family in contemporary times (9 hours)

Types of family: Mixed families, Single parenting, Adoption: Psychological impact on children and parents; Role of extended families; Family as support system

UNIT III: Marriage (12 hours)

Evolution of marriage, Flight from marriage, Marriage in the Indian context, Benefits of marriage, Factors affecting marital satisfaction

UNIT IV: The science of families: Nurturing hope, happiness and health (12 hours)

Healthy families; Building family resilience; Diversity, equity, inclusion and accessibility (e.g., minority families, families with disabilities, families living in poverty); implications for intervention and policy

Practical Component - NIL

Tutorial Component: (15 Hours)

Suggested activities for tutorials:

- Focus Group Discussion
- Movie Review
- Class debates to develop critical thinking
- Experiential exercises to reflect on one's relationship with one's parents/siblings etc.
- Review of Contemporary Art: Music, Painting etc.
- Review of literature or papers in journals or book, e.g. role of father, mothers; challenges of adoption, single parents, etc.
- Class Presentations on contemporary topics
- Use of Adult Sibling Relationship Questionnaire (ASRQ) by Stocker, Lanthier, & Furman (1995) to assess one's relationship with siblings

This is a suggestive and not an exhaustive list of tutorial activities.

Essential/Recommended Readings

- Ahuja, K.K. (2025). *Navigating intimate relationships: Locate your north star*. Routledge.
- Compton, W.C. & Hoffman, E. (2020). Chapter 5. Romantic love and positive families. In *Positive Psychology: The science of happiness and flourishing*, 3rd Ed. Sage.
- Jones, G. W. (2005). The “flight from marriage” in South-East and East Asia. *Journal of Comparative Family Studies*, 36(1), 93-119.
- Noller, P., & Karantzas, G. C. (Eds.). (2012). *The Wiley-Blackwell handbook of couples and family relationships*. John Wiley & Sons.
- Pinsof, W. M., & Lebow, J. L. (Eds.). (2005). *Family Psychology: The Art of the Science*. Oxford University Press.
- Regan, P. (2011). *Close relationships*. Routledge.
- Sharma, D. (Ed.) (2003). *Childhood, family and sociocultural change in India: Reinterpreting the inner world*. Oxford University Press.

Suggestive readings

- Amodia-Bidakowska, A., Lavery, C., & Ramchandani, P. G. (2020). Father-child play: A systematic review of its frequency, characteristics and potential impact on children’s development. *Developmental Review*, 57, 2273-2297. <https://doi.org/10.1016/j.dr.2020.100924>
- Buchanan, A., & Rotkirch, A. (2018). Twenty-first century grandparents: Global perspectives on changing roles and consequences. *Contemporary Social Science*, 13(2), 131-144.
- Craig, L. (2006). Does father care mean fathers share? A comparison of how mothers and fathers in intact families spend time with children. *Gender & Society*, 20(2), 259-281.
- Kakar, S. (1981). The ties that bind: Family relationships in the mythology of Hindi cinema. *India International Centre Quarterly*, 8(1), 11-21.
- Lamb, M.E., & Sutton-Smith, B. (Eds.). (1982). *Sibling relationships: Their nature and significance across the lifespan*. Lawrence Erlbaum.
- Miller, R. (2022). *Intimate Relationships*, 9th Ed. McGraw Hill Education.
- Paquette, D. (2004). Theorizing the father-child relationship: Mechanisms and developmental outcomes. *Human Development*, 47(4), 193-219.
- Ramu, G. N. (2006). *Brothers and sisters in India: A study of urban adult siblings*. University of Toronto Press.
- Saraswathi, T. S., & Pai, S. (1997). Socialization in the Indian context. In H. S. R. Kao & D. Sinha (Eds.), *Asian perspectives on psychology* (pp. 74–92). Sage.
- Silverstein, L. B., & Auerbach, C. F. (1999). Deconstructing the essential father. *American Psychologist*, 54(6), 397–407. <https://doi.org/10.1037/0003-066X.54.6.397>
- T. S. Saraswati & B. Kaur (Eds.) (1993). *Human development and family studies*

in India: An agenda for research and policy. Sage.

- Tamis LeMonda, C. S., Shannon, J. D., Cabrera, N. J., & Lamb, M. E. (2004). Fathers and mothers at play with their 2-and 3-year-olds: Contributions to language and cognitive development. *Child Development*, 75(6), 1806-1820.
- Thiele, D. M., & Whelan, T. A. (2006). The nature and dimensions of the grandparent role. *Marriage & Family Review*, 40(1), 93-108.
- White, L. (2001). Sibling relationships over the life course: A panel analysis. *Journal of Marriage and Family*, 63(2), 555-568.