

There anything between single parents to adopted

[Family](#), [Marriage](#)



There are many different definitions of family, these include blood, marriage, and friendship relationships.

Although this is ever changing in recent age, one thing still runs true, family is the main financial and social support for the children in it. What children are born into will teach them what is right from wrong. Now this raises the question, does the family structure really matter to the lives of children, and if so, what effects does it have on these children? A nuclear family is defined as a basic social unit of a couple and their dependent children. For decades the nuclear family unit was made up of a female mother, a male father, and their biological children, but over the last few decades it has evolved into anything between single parents to adopted stepparents and many other options.

Because of the growing acceptance of the "out of normal" ways of living, the family structure is ever evolving. For example, often found within the extended family network are fictive kin relationships that are important to both the incorporating family and the individual who is incorporated. Fictive kin can be defined as those individuals not related by blood or marriage but who regard each other as kin (2014). As the family structure continues to change the technical definitions as well as terms involved will be different for years to come.

As a child grown up in a house watching the marital relationship of their parents it is only natural it would have an effect on how they treat their marriage when they grow up. With increased recognition of the significant effects of both marital status in adulthood and family structure in childhood,

It should be noted that parental marital disruption in childhood influences that individual's own family structure and/or marital quality in adulthood (Kang, 2016). Not much empirical research exists on the topic of marriage exemplified in childhood and how it translates to the child's adulthood because it is such a hard subject to follow and prove as it is so time consuming. The proportion of children living with both parents, following the decline between 1970 and 1990, has fallen more slowly over the most recent two decades, dropping from 69 percent in 2000 to 64 percent in 2012. By 2015, the proportion had actually increased, to 65 percent (2015). This is extremely important because parents are responsible for the development of their children. Now, it has been shown that children coming from a two parent home life, whether it be biological, adopted, or step parents, do much better on a list of things. Among situations where children do worse is when they come from a divorced household.

Children who come from a single parent home either do better or worse depending on the situation, and the same goes for children raised by grandparents. However, research shows that these situations only account in part for the negative effects on children. There are differences for the race of the family, the location, as well as many other aspects. One aspect of family structure affecting children that is lesser known is the physical health effects. Family structure may affect children's BMI and risk of becoming overweight/obese at an early age through a number of economic and social processes (Schmeer, 2012). This is for reasons that can be easily explained, a family household with two parents has a higher total annual income and therefore easier access to healthy meals and activities. This can be easily be

the reversed situation if there is only one parent. There is also the stress aspect of a child's upbringing.

With two stably married parents there is likely to be less stress financially as well as more readily available support emotionally that can again be reversed if there is one parent. Overall, change in family structure is also potentially important for children's BMI and risk of obesity. Family structure transitions may increase stress, reduce resources, or cause chaos in the household (at least temporarily), reducing healthy eating/exercise, sleep routines, and emotional support for children, with implications for their BMI and weight gain (Schmeer, 2012). Further research on this topic could be a better detailed and defined research following children from childhood into adulthood from all walks of life. These are very long studies that take a longer time to put together and publish so this is why not much research exists.

Also, research on family structure and children of the same sex couples is very scarce. This is because until more recently, same sex couples having children was extremely and still somewhat a taboo. The literature on these questions is large, complex and growing so fast that it is no longer possible even to keep up each year (Mackay, 2017). This created a problem when for a research paper like this. Essentially research to be completed is just more of family research and more research in depth of different types of family structure. Overall, it is better for children to be born into two parent households but by how much is what varies.

From research gathered it is not one hundred percent definitive how much family structure affects the children involved, it is shown there is some effect.

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