

Family belief systems

Family



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Family Belief Systems Family resilience can be defined as the dimensions, properties and characteristics of families that assist families to be pliant to disruption in case they are faced with changes when faced with crisis situations (McCubbin et al 89). Family belief systems play a major role in influencing family resilience in various ways. A suitable curriculum involves focusing on the areas of family belief systems that influence family resilience. For one, the religious beliefs of a family greatly influence their adaptability in case of a crisis. The beliefs unite the families and remind them of values they have in common. They also remind them the meaning behind the adversities they face thus making it easy for them to face the difficulties as a family.

Additionally, rules that families comply with create and encourage a sense of unity within the family unit. The laws dictate the family beliefs and family members are expected to follow. Parents dictate various concepts to children which consequently the children follow to be true. Family laws are not necessarily developed and encouraged by the authorities but rather by the leaders in a family. Loyalty in the family is also encouraged based on the fact that it promotes and provides the family with a positive outlook. Family members use verbal or non verbal communication to explain the right or wrong choices made by other family members. Resilience is inhibited in case one family member goes against what is expected of them. It is therefore mandatory to encourage family loyalty.

Work Cited

McCubbin, Hamilton I, Anne I. Thompson & Marilyn A. McCubbin. Family Assessment.

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