Chapter II

“Though Miles Apart, Be Closer at Heart”

Review of Literature
II. REVIEW OF LITERATURE

The literature pertaining to the research study entitled “Contextual Perspective and Resource Management Behaviour of Homemakers in Dual Established Families of Andhra Pradesh” comprised of the following aspects.

A. Changing Trends in Family Living

B. Dual Established Family – Concept and Context

C. Family Resource Management – Perspectives and Practices

D. Constraints and Optimization in Family Life Management and

E. Perceptions of Spouses in Dual Established Families

A. Changing Trends in Family Living

According to Desai (1999) family is a group of persons united by ties of marriage, blood or adoption, constituting a single household, interacting and communicating with each other in respective social roles of husband and wife, mother and father, son and daughter, brother and sister, creating and maintaining a common culture (Figure 1). Deacon and Firebaugh (1975) expressed that the majority of families in any community represent the traditional type, in which the members are related by blood, by marriage, or by adoption.

A recent lifestyle trend is the increase in the number of singles living alone. By 1990, one in four households in the United States consisted of a person living alone compared to one in ten in 1960. The Census Bureau estimates that this group will continue to expand through the year 2000. Perhaps the only concrete thing one can say about the future of individuals and families is that change of some sort is inevitable (Goldsmith, 2003).

The most commonly observed family variations in India include single parent families, females headed households, dual earner / career families, childless families, and adoptive families (Bharat, 1994).
Figure 1
Concept of Family over Entire Globe
Projected Through Stamps
Hurlock (2005) highlighted some common family patterns of today over the globe.

<table>
<thead>
<tr>
<th>Family type</th>
<th>Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nuclear family</td>
<td>Parents and children.</td>
</tr>
<tr>
<td>Small families</td>
<td>Three or less children</td>
</tr>
<tr>
<td>Childless families</td>
<td>These are becoming popular among highly educated men and women who are more career oriented than family oriented.</td>
</tr>
<tr>
<td>Young parent families</td>
<td>Parents under 30 when the last child is born</td>
</tr>
<tr>
<td>Families with working mother</td>
<td>Mother works outside and turn over the home and children to care takers.</td>
</tr>
<tr>
<td>Single parent families</td>
<td>Parents may be either mother or father who assumes responsibility for the children after death or divorce or the birth of an illegitimate child.</td>
</tr>
<tr>
<td>Reconstituted families</td>
<td>Following death or divorce one parent is the real parent and the other a step parent.</td>
</tr>
<tr>
<td>Foster – parent families</td>
<td>Paid parents by government to play the role of real parents without any legal responsibility.</td>
</tr>
<tr>
<td>Commercial families</td>
<td>Several nuclear families band together and share responsibilities for the care of the home and children.</td>
</tr>
<tr>
<td>Adoptive families</td>
<td>Some or all the children have no blood ties with their parents though the parents have a legal responsibility.</td>
</tr>
<tr>
<td>Interracial families</td>
<td>Parents come from different racial groups</td>
</tr>
<tr>
<td>Interreligious families</td>
<td>Parents come from different religions.</td>
</tr>
</tbody>
</table>

Rice and Tucker (1986) express that family living units differ in their adoptive capacities largely because of their form, the mixture of age, sex, marital status and role pattern of the members of the group. The family forms based on various criteria are as follows:
<table>
<thead>
<tr>
<th>Criteria</th>
<th>Family forms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Authority</td>
<td><strong>Patriarchal</strong> or <strong>matriarchal</strong> – Authority vests on male and female respectively.</td>
</tr>
<tr>
<td>Structure</td>
<td><strong>Nuclear</strong> and <strong>extended</strong> – Husband, wife and children form nuclear and elderly couple along with all sons and their families form extended family.</td>
</tr>
<tr>
<td>Residence</td>
<td><strong>Matriloclal</strong> and <strong>patriloclal</strong> – Husband goes to live in the house of his wife and wife goes to live in the husband’s house respectively.</td>
</tr>
<tr>
<td>Marriage</td>
<td><strong>Monogamous</strong> - Man marries one woman at one time. <strong>Polygamous</strong> - Man marries many women at one time. <strong>Polyandrous</strong> - Woman marries many men and lives with all of them or with each of them alternately.</td>
</tr>
<tr>
<td>Ancestry</td>
<td><strong>Matrilineal</strong> – Mother is the basis of ancestry. <strong>Patrilineal</strong>, ancestry continuous through the father.</td>
</tr>
<tr>
<td>Group affiliation</td>
<td><strong>Endogamous</strong> – Sanctions marriage only among members of in group. <strong>Exogamous</strong> – Sanctions marriage of members of an in group with members of an out group.</td>
</tr>
<tr>
<td>Blood relationship</td>
<td><strong>Conjugal</strong> – Consists of spouses, their offspings and relatives through marriage, <strong>Consanguineous</strong> – consists of blood relatives together with their mates and children.</td>
</tr>
</tbody>
</table>

The striking problem that confronts the modern family is its instability, and the members take more interest outside the family. Many changes have taken place in the family life cycle since 1890 as opined by Nickell and Dorsey (1991) which include -

- Today men and women are marrying at younger ages than formerly.
- The child bearing period is shorter.
- The marriage of the last child comes sooner.
- The husband and wife have a longer period together after the children are grown.
- More men and women now complete their life span as a married couple than formerly.

In the Indian family system, both man and woman have distinctive roles to play. The woman runs the affairs of the home and man is in charge of the
affairs outside. He is expected to be the primary breadwinner and sets up his little family in his preferred style. This arrangement served our society admirably for centuries. Thus, there was a definite demarcation between the occupational and domestic roles (Hoffman, 1979).

In spite of population explosion and increased unemployment, scarcity of labour in the domestic front is increasing day by day, which further necessitates the participation of all family members in the household tasks. Technological advancements resulted more time for recreation and indoor games, more leisure as manual effort is replaced by machines, which are bound to change the life style and the managerial action of individuals and families.

In Indian philosophy, the home is always identified with the woman of the house. Purity in family life, devotion to husband and family, and simplicity have been the tributes of Indian womanhood. She is the mother, the homemaker and the beacon light (Ajmani, 1998). Woman in her increasing multifaceted roles as daughter, wife, homemaker, mother and productive worker is the sustaining force behind the development of families, communities and nations at large (Ewan, 1992). According to Singh (2001), woman is the fulcrum around which all the activities especially homemaking and management of the household resources are carried out.

In ancient India, women had a status of dignity. This was lost in the medieval period because of socio-political changes. Today, their status is measured by means of indicators such as sex ratio, literacy and work participation as opined by Kharole (2005). Goldsmith (2003) states that helping individuals and families anticipated and cope with change is one of the goals of resource management.

Man’s fabulous journey from the stone age to space age, though very long and arduous, is indeed an incredible big leap forward (Devadas, 2002). According to Roy (1999) change is the process by which the future invades
our lives and it is important to look at it. According to McNamee and Brisbane (2003) families have changed over the millennia, but the definition of family remains as security and nurturing. Tripathy (2005) projects that over the decades there has been significant changes marked in the developing countries of the world. Such changes are due to rapid growth of population, urbanization, spread of literacy, exposure to the media of mass communication wherein these changes have influenced the life and living pattern of people.

Industrialization, westernization and modernization too brought the following changes remarkably in family living – breaking down of joint families, increasing mobility, knowing more people less intimately, growing individualism, the generation gap, changes in housing patterns, changes in food practices, development of slums, soaring unemployment, women taking dual roles, explosion of knowledge and emergence of social welfare services.

Prasad (2003) distinguishes changes between rural and urban family. Not much changes are projected in rural families but huge changes in the urban scene. Job induced mobility in urban areas resulted greater individualism, materialism and disintegration of extended families. The break up of joint family into nuclear family is usually a response to a variety of conditions, including the need for some members to move from village to city, or from one city to another to take advantage of employment opportunities.

Families in India are undergoing vast changes like increasing divorce and separation rates, domestic violence, inter-generational conflicts, social problems of drug abuse, juvenile delinquency etc. These changes indicate the inability to cope with the pressures of modern life. Yet, the majority seem to have survived and are able to modify, adjust and adapt to changing social norms, values and structures and have demonstrated a unique strength in keeping together despite the growing stress and strain.

Singh (2003) describes that the evolution of human society over the centuries has witnessed change in the family structure. Children had grown
up in large families, enjoyed the company, wisdom and experience of innumerable grandparents, aunts, uncles, cousins, nephews and nieces. The naturally growing bond between relatives, the support and sustenance given by the immediate family is being replaced by the more formalized counseling from social workers, doctors, financial advisors, psychiatrists etc. for a fee.

In India a large extended family group that included biological parents and children, grandparents, aunts, uncles, and cousins has ascended towards nuclear family, consisting of father, mother and their biological children. The gradual shift from the joint family system to the nuclear family system is easily discernible. This is more evident in urban than in rural areas. Nuclearization entails not only structural but psychological, attitudinal, and behavioural changes in family members, particularly when women work outside the home, or heads the family in the absence of the male partner.

There is a change in the family systems from joint family to nuclear family and nuclear family to single parent family. Single parent family seems to be ever increasing trend due to various factors like death, divorce and separation (Bharat, 1988). It is believed that family life is a refuge of 'togetherness' and 'solidarity' otherwise marked by interpersonal alienation. The movement of people within and across national boundaries has been an enduring component of human history.

Thakuria (2005) emphasizes the fact that inspite of the prescribed roles for spouses decades ago, there has been a major change in the role played by man and woman today. Men no longer feel embarrassment in donning the apron in the kitchen. Women play out their professional ambitions and work late hours and travel away from home on work. Equalization of educational opportunities and employment status are responsible for this role redefinition.

Since few decades, the trend in role performance by male members in the household has been changing dramatically. The changes in the social conditions and pattern of living have been responsible for the shift towards
greater involvement of men in the activities at home and at the same time child developmentalists have recognized the importance of fathers in the development of young children.

Traditionally father earns a livelihood, but in this modern age, women are employed not only to augment family income but also to ensure that their children get all the facilities they require. Women's attitudes about family and work have also been changed, as have sex roles of both male and female. All these changes lead to greater stress in the home. The husband's participation in household chores might free the wife from some of her traditional household responsibilities and thus make it easier for her to go to work.

Women's development is directly related with national development. The effective management and development of women's resources i.e. their abilities, interests, skills and other potentialities are of paramount importance for the mobilization and development of human resources. It is further known that due to changing socio-cultural and economic situation, there has been a step increase in the number of female-headed households (Tripathy, 2005).

The Constitution of India has granted men and women equal rights but strong patriarchal customs persist which shape women's lives. A female is still viewed as a liability and she is inured to deem herself as inferior and subordinate to men. In patriarchal societies all over the world and in India in particular, an elderly male member of the family is considered the 'household head'. But the family and household structure and headship is fast changing under the impact of structural changes due to the development of the Indian society (Vardhan, 1999). Women are now assuming headship status in the household and such households are termed as female headed households. Throughout the world the incidence of female-headed households is increasing (Visaria, 1983).

Male migration, work participation of women and long distance marriages are the root causes for alternate family establishments from joint
family system to nuclear family and nuclear to single headed families or dual established families wherein spouses stay apart in different places in the interest of their occupations and homemakers are being solely responsible for the family life management.

Covey (1999) suggests seven habits to enrich family life.

1. Be proactive: Act first instead of reacting to the other persons initiatives.
2. Begin with an end in mind: Define destination in the pilgrimage of life.
3. Put first things first: Create some kind of structure in the family based on order, regularity and priorities. Allot time for the family.
4. Think win-win: Win-win is the only long-term viable attitude. Move from me to we.
5. Seek first to understand then to be understood. Don’t forget at the heart of the family pain is misunderstanding. Remember, satisfactions and judgements surround expectation. Seek to understand that is the basic fundamental deposit you are making into the family welfare bank. Please give the other persons a chance to 'breathe psychologically'.
6. Synergise: Pool energies together, two hands together can make much more than what two hands can do independently. Synergy calls for involving people in the problem and working out the solution together.
7. Sharpen the saw: Every family should take time to renew itself in the four key areas of life: Physical, social, mental and spiritual.

B. Dual Established Family – Concept and Context

The family structure is conceptualized as the configuration of role, power, status and relationships in the family which depends upon the families socio-economic background, family pattern and extent of urbanization. Before the Neolithic revolution, man and woman seem to have been more or less equal in status. But by the time humanity emerged into the light of recorded history, man became the master (Chari and Lakshmi, 2003).

According to Bharat (1994) the term alternate family pattern results from personal circumstances or from socio-economic conditions such as male migration and work participation of women wherein people are forced to adapt family patterns that suit their conditions. In the present scenario, family life style over the entire globe is undergoing transformation due to rapid advancement of science and technology. Industrialization fascinates families towards urbanization. Population explosion and accelerated pace of life are generating alarming transitions in family establishments. According to Family Liasion Office (2007) the term “geographic single” is often used to describe persons who live apart from those they love, married but living apart due to employment opportunities, the educational needs of children, or the demands of a sick or elderly family members. (Web 5).

According to Oxford Dictionary (1993) dual denotes enabling operation by either of two persons and establishment denotes establishing a place of residence. According to Agnes (2004) dual denotes a word having dual number, having or composed of two parts or kinds, double or two fold and establishment means a thing established as a household. Therefore dual establishment means establishing a place of residence enabling operation by either of two persons. The most commonly observed family variations in India include, single parent families, female headed households, dual earner / career families, childless families and adoptive families.

According to Gulati (1997) a female headed household is defined as a household where a woman has the main responsibility for the economic
maintenance of the family. Female-headed household can be defined as one in which female is the main provider, protector, carrier and decision maker in the household (Kumari, 1989; Borain 1994 and Saradamani, 1995).

Among the female-headed families, the most interesting group is of the women who are temporarily separated from their husbands because of migrations. There are many among these starting from the classic case where married men migrate singly for work and stay away for long periods of time. It is possible that in this process, women's roles, status and authority have all been changing rapidly (Banerjee, 2003).

Single parent families do exist in our society but such families are forcibly and circumstantially being headed by women, as their husbands have gone away for jobs abroad leaving wives and children behind. Besides population explosion, increased unemployment and scarcity of labour necessitate the male member of a family to migrate to other countries for employment causing increased number of female headed households (Joseph, 1988). The study by Rani and Kaur (2001) revealed that widowhood and out migration of males are the major factors leading to the formation of female-headed households.

Seasonal and internal migration of men contributes to higher number to female-headed households around the world. Divorce, separation, widowhood and male migration are the major reasons for universal increase in number of percentage of female headed households (Buvenic, 1978 and Horton and Hafstrom, 1995). Thakur (2000) found out from his study that 68 per cent of the respondents had to head the family because of male migration.

Studies indicate that Mehalaya stands top with 23 per cent in the female-headed households, Kerala has second position with 19.27 per cent, whereas Tamil Nadu ranks fourth in terms of higher percentage of female-headed households in India. The number of female-headed households is likely to be much larger than actually recorded in the census (Borain, 1994).
Migrating husbands are not able to take their families with them, due to lack of suitable educational facilities, expensive housing in middle east, tendency to save as much of their middle east income and adjusting to the cultural conditions of the middle east is found hard for women who are not used to living away from home (Gulati, 1983).

Men migrating may bring about changes in the gender division of labour, including feminization of agriculture and an increase in women’s work load (Croll and Huang, 1997). Men migrating may also mean women left behind have a greater role in decision making or greater interdependence with the extended family. Women may gain autonomy through absence of men, however they may also be left with greater stresses and vulnerability, and an increased work load. If remittances are sent to women and other family members, this may increase their status. Migration of men may affect cultural norms in the households too leading to women’s benefit detriment (Jang, 1995).

The period of one or two years without the husband and managing the children all alone could be stressful from psychological and social point of view (Kaila, 1996). Here are some suggestions for members of the Foreign Service facing a geographic separation from their mates as given by the Family Liaison Office (2007). (Web⁶).

Plan for the separation

- Be honest with each other about your concerns and fears. Being committed to the relationship and to one another during the separation is important.
- Talk about the upcoming separation and how you will cope. Share your expectations about being apart from each other so there are no misunderstandings. Also share your expectations when you are planning to visit each other or take a vacation together.
- Set up a communication system. Marriage counselors tout that communication is key to a healthy relationship. The new millennium
offers more ways to communicate, in addition to fast air travel across continents. International phone calls, video teleconferencing through one's computer, web sites, international mail services and electronic transmissions of words, cards, music, photos, and video connect loved ones together in a cyberspace second.

**During the separation**

Remember that this experience is time-limited. Put on paper the reasons for accepting this separated assignment and refer to it periodically, as a reminder.

- Although staying apart from one another, make time for each other, make time to communicate using those means set up for doing so. If no opportunity to have a telephone conversation or write an email, spend time thinking about spouse.
- Plan to see and call each other as often as finances allow. Plan something fun to do when you get the opportunity to spend time together.
- Work on creative ways to communicate.
- Surprise your mate once in a while with an unexpected phone call.
- Send care packages with personal notes.
- Cultivate a mentality of "the less hassle the better" for each spouse. Find help for lawn care, bill paying, house cleaning, shopping, if necessary. Find a reliable plumber, electrician, carpenter and auto mechanic to call in emergencies.
- Take pictures of post, quarters, surrounding area, embassy office, friends, that spouse in the U.S. can visualize what it's like at post.
- Each partner may find it helpful to keep a journal, especially at the onset of separation.
- Talk about ground rules for what sort of information and emotions, especially emotions, can be shared and in what manner.
The end of a separated tour: Return to normalcy

- Allow time for the returning spouse to get reacquainted and adjust to being back home. Also allow time to re-adjust to shared decision making and responsibilities.
- Talk about the experience.

According to Military One Source (2007) family life changes during a deployment. Following treasured rituals and creating new ones can help family feel close throughout separation. Rituals ground families and give members a sense of security and belonging. They remind families that they are still a family, even when they are apart. (Web).

The importance of rituals

Rituals are important because they:

- Strengthen family connections
- Give children a sense of security that comes from knowing what to expect and when
- Give a family its own “personality” and sense of being unique and special
- Reinforce family’s values
- Help family members cope during challenging times, such as a deployment.

Thakuria (2003) in her article “A Sketch of Indian Woman” describes that a woman is not a person to be underestimated. She can change herself drastically and can accept great challenges in life when situation arises.

Rosenberg and Wilcox (2006) presented twenty long distance activities for dads at a distance / moms over miles. The dads at a distance and moms over miles web site has been designed to help parents, who are business travelers, military men / women, noncustodial fathers / mothers,
airline pilots, travel guides, traveling salesmen, railroad workers, truckers, professional athletes, musicians / entertainers, actors, corporate executives, and any other fathers / mothers who have to be away from their children to maintain and strengthen the relationships they have with their children while they are away.

- Go to the mall and have a photo of yourself put on a pillow case and then send it to your child.
- Purchase or make stickers of your child's name and stick them over the names of a character in one of their favourite books.
- Make a video or audiotape of you reading bedtime stories. Send them to your child along with the book.
- Arrange for flowers or pizza to be delivered to your child before or after a special event (e.g., a play, recital, or sports game). Include a note telling them how proud you are of their accomplishment.
- Send a package containing all the things your child will need if he or she gets sick. A video or audiotape wishing them a speedy recovery.
- Send home a photo documentary of what you do all day when you are away. Be sure to include things like what you eat and how you travel. Things that you might think are boring, your kinds will be very interested in seeing. Have your child do the same.
- Have a star officially named after your child.
- Send a postcard attack. (Send a postcard everyday for a week straight; try to send postcards from unique places.
- If both you and your child have access to cell phones, then go fishing with them from a distance.
- Include surprises within your letters: fast food wrappers, foreign currency, pencil shavings, coasters, Band-Aids, your own art, flower petals, Sunday comics, sand, fortunes from cookies, newspaper clippings, stamps, or old shoe laces.
- If both you and your child have access to the Internet, then go on a virtual field trip together.
• Find unique things to write your letters on, for example, things your child likes – a favourite colour of paper, stickers, or pictures of things they like; fun objects – coaster, napkins, paper tray liners at restaurants, air sickness bags, old handkerchiefs, or pictures of you or of favourite spots; paper cut into special shapes (holiday shapes like shamrocks or hearts); or puzzles (cut your finished letter into pieces; try sending one piece at a time).

• Send home some money so that your child can go to the ice cream parlor. Be sure to send a special letter along that can only be read at the ice cream parlor. If you both have access to cell phones, then you can both be at an ice cream parlor talking over your ice cream.

• Write a newsletter (have a regular issue of your own family newsletter with columns about each child, family events, and exciting news).

• If your child does not already have access to a speakerphone, they buy one. Set the phone in the middle of the room, and you will be able to have dinner with them, be there as they brush their teeth, and get ready for bed.

• Start a letter and take it with you throughout the day. Add a sentence every now and then and be sure to add where you are when you write the different sentence (i.e., an elevator, taxi, or café).

• Play Internet games together like Jeopardy or Wheel of Fortune. Other games that can be found on the Internet include golf, card games, chess, checkers, and strategy games.

• Make a package that contains cookie cutters and the non-perishable ingredients of your child’s favourite cookie so you can “help” them bake while you are away.

• Choose a photo from your photo album that you can send to your child and then write a letter explaining the events surrounding it. Also, if both you and your child have access to the Internet, have a family homepage.
Begin a life's lessons booklet. Each week write down a few of the lessons you have learned in life and how you learned those lessons. When the booklet is full, send it to your child to use as he or she begins or continues the journey of life.

Before you leave home next time, hide some treasure (notes of appreciation, videos of you reading stories, candy, or toys) around the house. Be sure to draw a treasure map of where you have hidden these things, and then mail it home. If your child has a portable phone, then you can talk to them and give hints as they hunt for the treasure. If you are not living with your child, you can still do this activity by mailing the treasures ahead of time to the person who is taking care of your child. (Web1, 10, 14, 15).

C. Family Resource Management – Perspectives and Practices

Family is a group of people related by blood, marriage or adoption residing together, sharing a common table and getting its support from a common purse (Agan, 1970). Deacon and Firebaugh (1975) opined that family is an open, adaptive and growth supporting system which is an identifiable entity. The family system has two interrelated subsystems – personal and managerial which function to meet family needs. Resources and demands are the inputs of the system, which are transformed into met demands and used resources.

Family interaction includes the sub-systems within a family and the characteristics of cohesion and adaptability. Examination of the four major sub-systems (marital, parental, sibling, extra-familial) for strength helps assure that important resources are not overlooked. Family Life Cycle represents the developmental and non-developmental changes that occur within families. Changes in family membership (structural change) alter other aspects of the family, such as its resources (e.g., a child is born or a parental care giver leaves). These changes affect the manner in which the work within the family gets done (functional changes) (Ronnau and Poertner, 1993) (Figure 2).
Figure 2
Systems Approach to Management
There are three general assumptions of systems framework as put forth by Gross et al. (1980). First, it is not the people themselves that are elements of the system, but rather their states or condition which will motivate action and their characters will serve as resources or constraints in attaining their goals. Second, the resources of the family are found not only within the family but also in the various environments in which it functions. Third, a change in any resource will affect not only other resources but also other components in the system.

**Eras of management**

Several theorists have organized the fields history of management's development into chronological categories. Gross et al. (1980) conceptualized home management in six stages of development. Berger (1984) used these stages as a framework for reviewing management research between 1909 and 1984. Vickers (1986) introduced a simpler version that divided family/home management history into four principal eras:

1. Era one (1900-1930): Health, sanitation, hygiene, and the importance of household production as a legitimate form of economic production.
2. Era two (1940-1950): Household equipment, efficiency, step saving, task simplification and standardized work units.
3. Era three (1950-1960): Family values, goals, standards, resources, decision making, organization and process, optimization of families, gradual swing away from work performance in the home.

With the evolution of various forms of families the present era mainly focuses upon the utilization of resources to the growing demands of the families. Goldsmith (2003) states that management is the process of using resources to achieve family goals. Management also involves many
interacting elements including problems, needs, wants, values, decision making, planning, implementing, communication and feedback, all operating within an environmental context.

As opined by Khanna (1999) management occurs when some change is desired, when there is some problem to solve, some choice to make. Decisions, motivated by values and goals, checked against standards, represent one aspect of the action element in management. According to Nickell and Dorsey (1991) home management is planning, organizing, controlling and evaluating the use of resources available to the family for the purpose of attaining family goals.

Management is also an open, dynamic subsystem of the family, and part of its output of met demands and resource use become input to affect succeeding output. Management is important to the system's adaptive quality, being oriented to each situation rather than prescribing a generalized set of actions, it directs the individual's or family's resource use to meet the system's goals in the best way. The micro-habitat and the social-cultural, economic and political systems influence goals of individuals and families (Deacon and Firebaugh, 1975).

Motivating factors in management

Families are constantly making managerial choices or decisions in dealing with current situations. Motivation for management comes fundamentally from a variety of sources. Key concepts in understanding motivation within the person and the family are values, goals and standards (Gross et al., 1980). Individuals and families manage their personal affairs in a constantly changing world. They make decisions to deal with any problem situations. Values, goals and standards underlie all these decisions. Their realization is the purpose of management (Varghese et al., 1996).

Gross et al. (1980) opined that values are a prime motivating force in all management. Values themselves will be changed or mediated as the result
of choices made in management. Because values are basic to decision making it is important that they be made explicit (expressed in words), rather than be left implicit (not verbalized). According to Nickell and Dorsey (1991) values are motivative factors in human behaviour and provide basis for judgement, discrimination and analysis and it is these qualities that make intelligent choices possible between alternatives.

Varghese et al. (1996) opined that value signifies worth that is attached to any object, condition, principle or idea. Our decisions are based on values and our values are identified by the choices we make. Values are principles that guide behaviour. Families play a fundamental role in the formation and transmission of values. Parents, as the primary socializers of children, greatly influence their children's values (Goldsmith, 2003).

Deacon and Firebaugh (1975) stated that values encompass all areas of human thought and action and are strategic in the interrelationships of the family system with its environment. In the managerial context, values are meanings that indicate what is desirable and has worth to the manager. Varghese et al. (1996) further stated that values grow out of human interests and desires. They are the products of interaction between an individual and some object or situation in his environment. Values help an individual to direct his efforts more intelligently in seeking satisfactions.

As stated by Moorthy (1993) and Mullick (2004) in our daily life values are motivating factors that influence our behaviour. The word value is used in different contexts; moral value, aesthetic value, instrumental value, intrinsic value and ethical value. Values can be intrinsic or instrumental. An intrinsic value is important by itself and instrumental values are means to attaining other values. All values help guide the conduct of personal and family living. The values held by persons may be either relative or absolute in nature. Absolute values remain independent of surrounding conditions, while relative values depend on their context for interpretation.
Nickell and Dorsey (1991), Moorthy (1993) and Mullick (2004) remarked that goal is an end towards the accomplishment of which an individual or a family is willing to work. Efforts are directed towards achieving these goals. Goals grow out of desires, attitudes and values and are more definite than values because they are pre-set, achievable targets which are to be reached. Goal setting is a continual process. Goals are related to both standards and values.

Varghese et al. (1996) emphasized that goal is an objective or purpose to be attained and towards the achievement of which the policies and procedures of a programme are fashioned. Gross et al. (1980) remarked that goals form a connecting link between the psychological and managerial subsystems in the home management conceptual framework. They belong in the former because they come directly out of values. They belong in the latter because the managerial processes are the means through which they are achieved.

Deacon and Firebaugh (1975) opined that goals give direction and purpose to values. Goals as input to the managerial subsystem are anticipated ends, fulfilled goals as output come from a series of value judgements in the managerial subsystems. Goldsmith (2003) emphasized that goals are end results, the things people are working toward. Motivation is an important element in achieving goals. Goals can be categorized on the basis of:

- **Time**: Short term, intermediate or long term.
- **Role**: Personal, professional, societal or familial
- **Type**: Primary or secondary

He further added that values, attitudes and goals underlie interpersonal relationships and life style choices. The goals which are important in family living are the optimum development of the individual family member and satisfying interpersonal relationships (Varghese et al., 1996).
Decision making in management

Decision making is inescapable in any phase of management and the quality of the decision determines the quality of the management. It is an increasingly important aspect of daily living. Home management is the administrative side of family living which involves decision making that leads to action (Mullick, 2004). Goldsmith (2003) opined that decision making is central to the management process. Individuals and families seek to maximize their satisfaction through sound decision making. Families may engage in individual (husband-or-wife-dominated), couple-centered or child-centered decision making.

Moorthy (1993) stated that decision making is the central core of management. In carrying out a plan, a decision for each action step goes hand in hand with the review of progress towards results. Evaluation made at each step, leads to the next process. Sometimes, in attaining long term goals a number of action steps may be involved, each demanding decisions. In many families husband and wife may jointly reach decisions after discussion. In some cases the opinions of children or other members of the family may be sought and may influence the final decisions.

According to Nickell and Dorsey (1991) decision making is the process of selecting one course of action from a number of possible alternatives in solving a problem or in meeting a situation. According to Gross et al. (1980) a decision may be defined simply as a choice among alternatives or as the selection of and commitment to a course of action. The process may take a long or a short time in relation to a single decision, but the result is not considered to be a true decision unless there is evidence of some deliberation. The concept of decision making involves defining the problem, finding, comparing, and choosing a course of action. Decision making includes recognizing a need for a decision, identifying and weighing appropriate alternatives, and choosing or reaching a resolution among alternatives (Deacon and Firebaugh, 1975). Decisions can be classified into
individual decisions, group decisions, habitual decisions, central decisions, economic, technical and decisions taken due to experience and knowledge (Varghese et al., 1996).

The acronym DECIDE is an easy way to remember the six steps of decision making. D - Define the decision; C - Estimate resources; C - Consider alternatives; I - Imagine the consequences of alternative courses of action; D - Develop an action plan and implement it; E - Evaluate the decision (Malhotra, 1991).

**Resources in management**

Resources are central to the management process, which include both human and material categories. For individuals, resources are the essential means to attain goals and meet demands. For families and households, resource use provides a life space and a lifestyle around which individuals needs are met. Society is dependent on an ever increasing array of resources (Goldsmith, 2003). He further adds, a resourceful person when encountered with a problem, solve it, find a way around it, than being defeated by it. Worth et al. (1991) focus that resources are the elements that are available to the family, well managed families use their resources to benefit all members. Stephens (1993) opines that the task of families is to use and transform resources for consumption or for sale in order to meet their various needs.

Expanding the availability of resources, a change in the attitude of the family members, substituting one resource for another, recognizing the availability of resources, increasing their utility and expanding appreciation of the available resources together with better management skills will help a family to maximize their satisfaction level. Every family should recognize, economize and remember the three “RS” of resources – Reduce, Re-use and Re-cycle for sustaining the availability of resources to all (Seetharaman et al., 2005).
Rajagopal (1988) concurs that resources are recognized for their potential means in meeting demands. Any resource whether available in abundance or in limited quantity is to be managed effectively to get the maximum benefit. Rice and Tucker (1986) relate resources as assets anything owned or accessible that has exchange value and that can be used to accomplish goals. Deacon and Firebaugh (1975) visualize resource as means for achieving goals or for meeting the demands placed upon the family by certain events.

Goldsmith (2003) defined resources are assets with a real or perceived value used to attain or satisfy something. Resourcefulness is the ability to recognize and use resources effectively. Gross et al. (1973) focused on the environments (households, near and larger) of different families in the same culture and of families in different cultures in the resources they provide. Two major reasons for discussing the sources of resources are (a) to call to the attention of families the presence of resources of which they have not been aware and which may make attainable more of their goals, and (b) to make them aware of opportunities for increasing these resources (Figure 3).

Human resources are the skills, talents and abilities that people possess and increase through use whereas material resources include natural phenomena such as fertile soil, petroleum and rivers and human made items such as buildings, money and computers. Material resources decrease through use. Lifestyles are based on a combination of human and material resources.

The potential of human resources is often not realized and they tend to be over looked. The non-human resources of time, money, goods and property are the ones most desired by people (Moorthy, 1993). According to Antony (2006) empowering women socio-economically through increased awareness of their rights and duties as well as access to resources is a decisive step towards greater security for them. Women are in for a new deal today as they are the focus of economic development. The most powerful
Figure 3
Potential Resources / Constraints in Environments Surrounding the Family System
resource on earth is the ignited young mind and it should be empowered with adequate knowledge and leadership qualities to make the developed India dream – A Reality (Kalam, 2003).

According to Nickell and Dorsey (1991) and Moorthy (1993) the qualities of homemaker/woman will help to have good administration and manage family's resources efficiently. Qualities highlighted are an understanding of human nature, ability to communicate, adaptability, enthusiasm, intelligence, imagination, judgement, perseverance, self-management, resourcefulness, self-control, creativity, sympathetic and humane. Resources are defined as those material and human attributes that satisfy our wants (Varghese et al., 1996 and Mullick, 2004).

Seetharaman et al. (2005) reiterated that, a house where the managerial process is strictly applied to utilize its resources better, thereby getting more satisfaction as compared to a family which turns a blind eye to its better management.

Management applications of resources

Gross et al. (1980) denote home management consists of purposeful behaviour involved in the creation and use of resources to achieve family goals. The study of management is about how individuals and families decide, plan and act in order to fulfill needs and accomplish goals in an increasingly complex society. Home management consists of making decisions about using family resources to achieve family goals (Devadas, 1968).

As a field of study, management is exciting and challenging because it is change oriented; economically, culturally and socially significant; dynamic, intriguing and complex; personally and professionally rewarding (Goldsmith, 2003). Worth et al. (1991) indicate management is the development and use of resources to meet personal and family needs and to achieve goals. Home management is the method families use to get what they want out of life.
For good management, all the members of the family must work together, setup common goals, make plans and contribute towards the efficiency and happiness of the home. According to Drucker (1986) in a family, management fulfills the task by enabling the family to engage in collective decision making and by providing a framework that supports and maximizes the benefits to family members.

If the home management is democratic, each member of the group understands the basic problems; has an equal opportunity to take part in decisions and chance to make independent choices and to be responsible for the results. Management is the key to success in homemaking. Management implies making the best use of the available material and human resources, to desire the best values and to conserve time, energy, money, space and labour.

Sharma and Kaushik (1999) opined that management involves wise use of time, money and energy as well as improved methods in doing household jobs. The key to good family management is the successful balancing of needs and goals with the resources necessary to achieve them. According to Rice and Tucker (1986) life management can be defined as a system whereby a person’s values, goals and standards direct the person’s resources, through every day decisions and purposeful actions to improve the person’s quality of life in relation to others.

Home management is the vital factor in every family contributing to the overall health, happiness and well being of the family. The major managerial responsibilities in a family are enlisted by Varghese et al. (1996) as follows:

- identifying values and selecting goals
- create healthy environment in home and community
- achieve desirable inter personal relationships
- nurture growth and development of the young
- plan and work for long range financial security
• maintain a pleasant and comfortable home
• provide suitable food and clothing for the family
• purchase consumer goods and services
• maintain the health of all family members
• perform tasks of maintaining the home, using time and energy wisely
• guide educational and social developments of the individuals in the family group
• participate intelligently in community, legislative and social action affairs.

According to Moorthy (1993) home management deals with the practical application of the principles of management to the home. A well-managed home is one in which the homemaker having acquired a degree of competence, works toward well-defined goals, when achieved provide a sense of satisfaction. To achieve one's goals satisfactorily, planning is essential, followed by organising the ways and means of carrying out a particular action. Controlling the plan in action helps to achieve the desired goal and evaluating the results achieved will help the family to assess goals achieved and guide in future planning.

Mullick (2004) connotes, an efficiently managed home is a joy. The satisfaction and security enjoyed by the members help them to work to the best of their potentials. They have a healthy attitude and are also socially accepted and respected. A happy home, means a harmonious society, community and a developing nation.

Time management

Time is the most perishable of all resources. Time has become one of the most critical human resources since it is both finite and universal. It is the only resource every one has in equal quantities, yet some people accomplish more than others with their share of time.

According to Goldsmith (2003) awareness of time is an important part of the human consciousness. Time management is the conscious control of
time to fulfill needs and achieve goals. Moorthy (1993) regards that the management of time entails both the making of plans and their implementation. Management of time involves the process of decreasing the time devoted for a particular work, without sacrificing the quality of work. The principles of simplicity, completeness, adequacy and flexibility guide in making time plans fruitful.

Mullick (2004) suggested that planning the wise use of time not only enables one to achieve more but also reduces tension and worries. Plans must be properly implemented to be effective. When planning, the individual must have foresight of the points mentioned below so that the plan drawn up, allows for speedy and efficiency in running the home - fixation of time, sequential pattern, size and composition of participating members, concentration of activity, proper planning and utilization of fulltime, time for special activities, proper estimation of time and time to meet emergencies.

The homemaker is advised to make an efficient plan, arrange equipment in terms of work units, keep supplies at point of use and share work among family members. However efficient a time plan may be, it requires to be reviewed and evaluated from time to time, to see that goals of all members of the family are being achieved to the fullest satisfaction.

Effective time management requires the recognition of the fact that time has value, that it can be controlled, and that to use it advantageously demands techniques and skills. Time use may be affected by the standards maintained, the skills and the techniques used, the environment in which one lives, the choice of tools and equipment, the available material and human resources, and the adequacy of planning. A time schedule, as such, will never solve all time management problems, but if used wisely, it is an effective method of control.

Efficient management of time permits a person to enjoy life, remain relaxed and productive. Inefficient management of time leaves one tense and
worried. Such people are likely to be less productive and are always in a hurry to catch up with their jobs.

According to Rao (2000) the essence of time management can be captured in the acronym SMART which stands for: 

S - Schedule time; 
M - Make time; 
A - Allow time; 
R - Ration time; 
T - Take time.

"The essence of time management lies in 'Working smarter, not harder'."

The true yardstick for having achieved a mastery over the act of time management can be summarized in this age-old saying.

"A busy man is he who has time to spare".

Money management

Money is the chief material resource and one of its advantage is that it can be saved for future use. Through the medium of money, many other goods and services can be obtained. Hence money management can be considered as income management. Varghese et al. (1996) defined family income as money or purchasing power earned by family members during a specific period of time.

According to Nickell and Dorsey (1991) family income is that stream of money, goods, services and satisfactions that come under the control of the family to be used by them to satisfy needs and desires and to discharge obligations. The family income consists of the money, material goods and other services that flow into the control of the family to be used by the family to achieve its goals and to fulfill its needs, during a definite period of time.

Planning has special importance for families because the members should have an intelligent appreciation of the problems involved in money management. Financial management requires systematic and disciplined thought and action. Goldsmith (2003) projects financial management is a
transformation process involving three phases: planning, action and post planning. Handling money is one of the most common managerial skills, but also one of the most difficult. The goal of financial management is to maximize assets through planning and evaluation. Values and goals influence the way finances are managed.

A budget is a plan for spending and saving within a given income for a definite period – say a week, a month or a year. Keeping a record of income and expenditure is essential for good management of family finances. According to Moorthy (1993) and Mullick (2004) budgeting is a carefully thought out spending plan for money. It is a tentative estimate of a family’s income and expenditure over a period of time. It is a guide to realistic spending aimed at avoiding over expenditure. Savings and investments are important aspects of financial management.

Financial investment is defined as a process of placing family funds in a more or less permanent form with the expectation of assuring the security of principal and of receiving a regular predictable return from it (Varghese et al., 1996). The desire for financial security is an important motivating force in the lives of the people. To ensure financial security is to make saving, which is defined as an abstinence from present consumption for the purpose of future consumption.

Mullick (2004) opines savings as refraining from spending for consumption needs. It is very important from the national point of view. Managing personal and family finances will always present problems. Since both money and goods are scarce, choices must be carefully made in order to assure maximum satisfactions. These satisfactions vary with individuals according to their subjective values. Greater satisfactions result from planned rather than from haphazard use of resources.
Energy management

"Women toil two-third of the world’s working hours, receive one tenth of the world’s income and own less than one hundredth of the world’s property, together with this women bear the double burden of paid and un-paid domestic labour". (Web^4).

The study of energy is complex because the amount of energy possessed by each person is different. Worth et al. (1991) express that energy varies considerably in different individuals and even in the same person from one time to another. Nickell and Dorsey (1991) opine that the amount of energy that each person has for work and any other activities depends on physical heritage and mental and physical health. According to Goldsmith (2003) energy is the ability to do work, measured as potential or stored energy.

Moorthy (1993) explains that in order to manage this resource, careful planning and thought are required. Every homemaker needs to constantly remain aware of the need to conserve both energy and time. Three categories of work have been scientifically defined. Light work is that which requires less than 100 per cent additional energy above the resting energy. Moderate work is that which requires between 100 – 150 per cent more energy than the resting energy. Jobs requiring 150 – 200 per cent additional energy are classified as heavy work.

The amount of energy required to perform a task is measured in terms of oxygen consumed by the body per minute. It is expressed in calories used per hour per unit of body weight, and is compared with the minimum requirement of the body when resting. The extra energy required to perform the task is termed its energy cost. The household activities are classified according to the energy demands.
Common Household Tasks and their Energy Requirement

<table>
<thead>
<tr>
<th>Light task</th>
<th>Moderate task</th>
<th>Heavy task</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.4 – 2 cal / min. (100% additional energy)</td>
<td>2 – 3.5 cal / min. (100 – 150% additional energy)</td>
<td>3.5 – 4.5 cal / min. (150 – 200% additional energy)</td>
</tr>
<tr>
<td>Hemming, sewing by hand</td>
<td>polishing furniture</td>
<td>Scrubbing floor</td>
</tr>
<tr>
<td>Knitting</td>
<td>Ironing</td>
<td>Mopping floor</td>
</tr>
<tr>
<td>Crocheting</td>
<td>Kneading dough</td>
<td>Grinding masala</td>
</tr>
<tr>
<td>Sweeping kitchen floor</td>
<td>Hanging up clothes from a basket</td>
<td>Hanging up clothes from the floor</td>
</tr>
<tr>
<td>Dusting furniture</td>
<td>Climbing stairs</td>
<td>Lifting heavy objects or children</td>
</tr>
<tr>
<td>Chopping vegetables</td>
<td></td>
<td>Bed making</td>
</tr>
</tbody>
</table>

The way in which a job gets done can affect the amount of energy used for it. Washing dishes at a sink which is very low takes up more energy than when the sink is slightly below waist level. Paring potatoes takes 43 per cent more energy than resting if carried out seated. If the person stands the energy requirement increases to about 50 per cent; and if the person is seated on an uncomfortable stool it becomes still more – 54 per cent. These examples demonstrate the importance of having working surfaces at suitable heights to minimize the wastage of energy.

Work simplification is the technique of accomplishing a task by using the least amount of time and energy. It is a conscious seeking of the simplest, easiest and quickest way of carrying out any task. Motion mindedness is an awareness of the motions involved in doing a particular job and an interest in possible ways of reducing them (Nickell and Dorsey, 1991).

Some amount of saving can be effected by the use of mechanical and electrical appliances in the home. As time and energy are closely related, the
saving of one invariably leads to a saving in the other. According to Mullick (2004) fatigue is the feeling of tiredness due to exertion, which is of two types. Physiological fatigue results due to the effect of activity on the muscular and nervous system. Psychological fatigue is more concerned with the mental attitude of the worker's aversion to work. Lack of interest, boredom, frustration or failure to achieve a goal could be the reasons.

Physiological state of fatigue reduces our ability to do present work. Psychological state of fatigue results in an aversion to some work and reduces our output (Nickell and Dorsey, 1991). In a family situation, excess energy may be led into the right channels through group planning and create opportunities for rest, recreation and creative living.

**Stress management**

The modern world, which is said to be a world of achievements is also a world of stress. One finds stress everywhere. Whether it be within the family, business organization / enterprise or any other social or economic activity. Right from the time of birth till the last breath drawn, an individual is invariably exposed to various stressful situations. Thus, it is not surprising that interest in the issue has been rising with the advancement of the present century which has been called the 'Age of Anxiety and Stress' (Pestonjee, 1999).

Stress has become a part of our civilized life today. From children to senior citizens; everyone in every stage of life cycle undergo stress and suffer from its consequences. Modern life is full of external stressors that cannot be avoided (Kulandaivel, 2005). Pestonjee (1999) and Royce (2005) add that the dual responsibilities of women towards their employment and families create a situation that has the potential to produce stress.

Davar (1999) is of the view that the role of 'housewife' and 'motherhood' have been associated with high levels of distress mainly because they are highly demanding. Coupled with this is the feeling of
helplessness since the lack of authority, autonomy and bargaining power inspite of their best contribution to the development of the family. Thus women are subjected to lot of stress and strain. In the case of working women, women's outside career causes friction in the home and women are overburdened especially if the domestic chores are not shared by other members in the family. Discrimination, harassment and threat of violence by the superiors or male colleagues at the work place contribute further to the misery of women. These sociological factors are often ignored and the depression suffered by them is conveniently attributed to their menstrual cycle and physiology.

According to Goldsmith (2003) stress refers to the nonspecific response of the body to any demand made upon it. It usually involves a state of tension. Stressors are situations or events that cause stress. Stressors can be categorized as relational or environmental. Sinha (2006) defines stress as the wear and tear of our bodies and spirits. As a positive influence, stress can help compel us to action; it can result in a new awareness and an exciting new perspective. As a negative influence, it can result in feelings of distrust, rejection, anger and depression which in turn can lead to health problems such as headaches, upsets stomach, rashes, insomnia, ulcers, high blood pressure, heart disease and stroke.

Johnson and Rao (2004) highlight stressful experiences range from actual negative physical threat of death or danger of grievous injury on the one extreme end to intense levels of excitement in relation to real achievements of long-cherished goals of accomplishment and success on the other hand. It is very true that some people would never have achieved many things in life or positively contributed to society without some levels of stress. Thus it can be safely proposed that stress to some extent is not only helpful, but necessary.

Worth et al. (1991) describes that each person seems to have a unique stress profile based on the social environment, the changes that occur in the
person's life, and the person's strengths or weaknesses. Some people see stress as a challenge, while others try to avoid it at all cost.

According to Linden (2005) the magnitude of a stress response can be better predicted by understanding the stressor in the context of a person's predisposition, thus opening the door for a better understanding of individual differences in the stress response magnitude.

---p.

Psychological Stress

Stressor Stress

Physiological Stress

Environment Person

Stressors and Stress – Linden (2005)

Johnson and Rao (2004) suggest few specific remedial activities that people can benefit from their fight against stress. These include relaxation training, breathing exercise, meditation and yoga, visualization techniques, self-hypnosis, autogenics. Aleem (2005) connotes that in this age of industrialization, competition, stress and tension, both young and old face difficulties. These difficulties give rise to many psychosomatic problems such as anxiety, tensions, frustrations and mental upsets.

Pestonjee (1999) suggested ways to cope with stress through non-drug methods like relaxation, acupuncture, exercise, walking, yoga, meditation, bio-feed back (self-awareness) and recreation which are advantageous and safer.

Sinha (2006) suggest the ways to minimize stress. Positive stress adds anticipation and excitement to life. Deadlines, competitions, confrontations and even frustrations and sorrows add depth and enrichment to life. Our goal should not be to eliminate stress but to learn how to manage it and how to use
it to help us. Just as there are many stressors, there are many possibilities for
its management.

- Become aware of your stressors and your emotional and physical
  reactions.
- Determine how your body responds to the stress.
- Recognize what you can change.
- Reduce the intensity of your emotional reactions to stress.
- Learn to moderate your physical reactions to stress.
- Build your physical reserves. Exercise for cardiovascular fitness three to
  four times a week, prolonged rhythmic exercise is best such as walking,
  swimming, cycling or jogging.

Johnson and Rao (2004) suggest the ways for coping with stress. Even
when crisis, pressures and frustrations overwhelm you and things seem to get
out of hand, the following strategies can be vital in reducing, if not containing
these negative experiences:

- Plan each day's activities taking some time (10-15 minutes)
- Avoid rushing yourself or others
- Compartmentalize work and home activities and the time to do each
- Know your stress signals
- Move away and take an objective look at yourself and the situation you are
  in, when someone's mood hooks you
- Recognize the importance for others to withdraw unhindered from
  conflicting situations
- Manage your emotions, especially the negative ones
- Remember that others too can have similar pain / emotions in them
- Perform a scheduled set of beneficial leisure-time activities / routines
- Involve in recreational activities
- Bring in humour in all you do or say, as humour can deflect and relieve
  tension, being a built in mental tranquilizer
- Maintain contacts with others (social support networks)
Offer solutions or be part of finding resolutions rather than maintaining or intensifying issues, problems or conflicts
Extend unconditional acceptance and support
Be pragmatic or realistic
Retain faith in yourself
Cultivate honest and transparent quality in your communications
Maintain your stress-health and fitness at all levels of stress experience
Accept stress as a normal and universal process in life.

"Remember that stress causes damage only when you let to do so".

D. Constraints and Optimization in Family Life Management

The changes in modern life reflected the life management of the home. The changed attitudes toward authority and toward the place of women and children in society have brought many new problems in family relationship and in the use of family resources. Thenmozhi (2004) expressed that, family is the basic unit of society. The technological changes and population growth created a change in the family in addition to common problems. The changing family system from joint family to nuclear family and nuclear family to single parent family is found to be ever increasing trend in the recent past. Since the family provides and fulfills the basic psychosocial needs of an individual, it has a tremendous impact and consequences if the family is not functioning as a complete unit.

According to Goldsmith (2003) family life management encompasses all the decisions a person or family will make and the way their values, goals and resource use affects their decision making. Life management includes all the goals, events, situations and decisions that make up lifestyle. It is a holistic approach that looks at management as a process that evolves over a life span. Varghese et al. (1996) opined that in male migrant families the burden of the family falls on the head of the females. If the female is uneducated or poor the problems multiply. The impact of migration on women can be positive, negative
or both, depending on the ability and background, as well as the family environment in which the woman is placed (Zachariah and Rajan, 2001).

The principal problems of wives arising due to husband’s migration are loneliness to begin with and burdened with added family responsibilities like taking care of family’s health, fulfilling family obligations in social, cultural and religious areas to which they had not been accustomed when their husbands were with them. Working status and education level do affect the management of such women as they lack social support and face psychosomatic problems (Kaila, 1996).

According to Bharat (1988) single women who head families are faced with a set of inter related managerial and social problems. She has to do the household maintenance, child nurturance, financial management, take decisions concerning the family and take care of their children’s education, future and other aspects. In such families, sometimes the children will not be properly disciplined. Most of the females have little experience in running the household as remarked by Kumari (1989) and feel insecure in shouldering the responsibility. The females in female-headed households do all time consuming tasks single headedly that are otherwise shared by both parents such as earning livelihood, management of finance, shopping, children’s education, their sickness and bringing up (Bharat, 1988 and Vardhan, 2000).

According to Chant (1999) and Vardhan (2000) the female headed households face problems such as social, psychological, physical insecurity, children related problems, interference and non-co-operation of other family members, loneliness and financial crisis. Howise (1989) states parental duties, housekeeping and work, create considerable pressures on single parent which limit the amount of time parent and children spend together and reduces time in recreational activities and personal care. Household maintenance, child nurturance and employment often compete for the female single parents’ time, energy and mental attention (Lawrance, 1987). Kanga (2005) remarked that in the joint family system, the duty of bringing up
children is shared amongst grand parents and other family members. In nuclear families, parenting lies only with the husband and the wife.

Grose (2005) says for right parenting three Rs are important – Respect, Responsibility and Relationship. Duncan (1997) expresses that one of the best things parents can do for their children is to keep their marriage strong. When the marriage relationship is strong, couples tend to be better parents. Children are better adjusted. Parental warmth builds a child’s sense of security and understanding that the child is important to the parents, whatever else is happening in the family. (Web3). Family constraints are either short lived and easily managed or more chronic and difficult to handle. Optimization refers to the effective use of resources to gain the most satisfaction (Goldsmith, 2003). Successful coping can be recognized by a number of characteristics as given by Seetharaman et al. (2005).

Married to the miles

Gupta (2005) opines that loneliness is not the problem with most of the working couples. Good communication helps to overcome the barriers of physical distance. Some believe that distance adds spice to the relationship. The biggest challenge of a long distance marriage comes when the spouses want to share something in person. Communication is a problem too, despite all the modern means of nothing much could be expressed via SMS or phone. Success of long distance marriage is determined by two simple questions, the reason for staying apart and feelings in the absence of partner. There are special moments that spouses long for each other like festivals, special occasions and get togethers. Staying apart after marriage makes life vulnerable. Any relationship, especially a long distance marriage will collapse like a house of cards without trust, security and commitment. Distances do not matter when two individuals are emotionally together, and are deeply committed to each other.
Good communication

Good communication in married life includes honest sharing of feelings, accurately sending and receiving messages, and empathy, spend less time in conflict, and show greater understanding and sensitivity to each other's feelings.

Ability to resolve conflicts

Disagreements and arguments crop up in even the best relationships. It's how conflict is handled that is the key to martial success or failure, make use of the differences and disagreements and use them to actually strengthen the relationship. This occurs when family members discuss problems and admit that problems exist. This do not allow the conflicts to continue and cause comfort and happiness.

Tolerance of differences

Families function best when the individuality of each family member is acknowledged and appreciated. Even if some member's personal traits / characteristics are not highly valued, each family member need to tolerate these traits and respect those members. When family members withhold love from one another because of personal differences, children are likely to have a difficult time in developing a healthy self image, and they will have low self-esteem and poor social skills.

Life skills

Life skills can be defined as the ability for adaptive and positive behaviour that empower us in making informed choices in the face of complex life situations. Listening skills, basics of friendship, communication skills, learning to say 'No', building self-confidence, positive thinking, self-awareness, coping with stress and resolving conflicts were identified as life skills.
Adjustment of husband and wife relationship

In the modern family the most difficult problem is not having the mutual adjustment of husband and wife. The educated and enlightened women of today want to be equal to her husband in every sphere of life. But the husbands have not yet adjusted themselves to this situation. Hence a conflict between the two is inevitable. The modern family is also faced with the problem of sexual adjustment. Some scholars have gone so far as to declare variety in sex relationships not only desirable but also necessary. Now-a-days there are more women who are employed outside. Returning exhausted from their work, they do not have the energy left to attend their husbands or their children. This hinders the development of the children and increases conflict and misunderstanding between husband and wife.

Laxity in family control

A major problem has been created for the modern family by the decrease in the control exercised by the family over its members. This has undermined the administration of the family. Each family member wants to pursue his or her own course and does not relish any interference be it advice or be it an act.

Striking a balance

To become a good parent as opined by Bhonsle (2003) one needs to strike a balance and be capable of imparting unconditional love. The ideal parent is one who has struck within himself, the right balance, the feminine and the masculine qualities. Such a parent is then not only a perfect role model for the child but a complete and unified human being.

Parenting skills

Parenting needs structured training. For handling children in today’s conditions, parents have to be well attended with child management skills. To become parents, one just requires biological feasibility, but for parenting
one has to master skills says Dua (2005). The purpose of parenting is to make children good human beings and to equip them with right attitude and aptitude, which should make them emotionally and financially secure. Parenting means an all-round development of the child. It is important to learn parenting skills in a more structured way says Kanga (2005).

"Accept life's hardships as the will of God; and put goodness above all material values."

E. Perceptions of Spouses in Dual Established Families

Experiences in life, utilization of resources, management of domestic chores, handling children, psychological feelings, adjustments made in routine life, prospects gained, problems experienced by the spouses staying apart were put forth by the writers in dailies, weeklies and monthlies, and the case studies revealed by the psychologists, psychotherapists, journalists, sexologists and psychiatrists are mentioned in the following narrations.

Shobha (2003), a Journalist, quoted five case studies of dual established families. The perceptions of the five spouses are as follows. First couple Surekha and Srinivas faced lot of problems such as carrying out household responsibilities alone, supervising education of the child, always hustle and bustle in job due to dual responsibility undertaken herself. Second couple Malathi and Sudarshan expressed that they felt difficulty in staying apart as they were married just two years back and husband got transferred. Third couple Suseela and Suvanaraju expressed problem of coming home late night due to shift duty. The children became indisciplined due to insufficient parental care and attention. In the case of fourth couple Vijayasree and K.L Prasad, as her husband was working abroad, the homemaker felt problem in carrying household and job responsibilities, looking after aged mother-in-law, and guiding teenage daughter. Fifth couple Sujatha and Subbanarasaiah, a bank employee had to return late evenings to home, expressed difficulty in looking after household duties, supervising
children’s education and above all loneliness. Husband though staying with parents due to business, always worried about family’s health and welfare.

Tandon (2006) a journalist opined that long distance marriages have become common and socially acceptable with both spouses opting to stay apart for the sake of career. The expression of spouses under this situation were quoted as “miles apart yet close at heart” and “distance no hurdle to marriages” He further putsforth the views of spouses as follows: Spouses Raja and Olivia, marketing executive and doctor in profession remarked that they stayed apart for one year to get work experience and not for money. Couple Shivani, manager of IT training centre and Rakshit doing real estate business stated that the prime motive of dual establishment was to give good future for children. They added that it was emotional warmth which needs to be sacrificed for a good future.

Shringar (2005) a sexologist explained the situation of a woman, whose health was affected due to long distance arrangement. She was married two years back. Monthly menstrual cycle was very regular before marriage. As husband stays away, whenever they had intercourse after prolonged separation, she experienced severe burning sensation and pain which was unbearable followed by an immediate and irregular menstruation.

Chhabria (2004) a psychotherapist remarked that Malhotra, 25 year old married man habituated to extra marital relationship with 45 year old woman due to long distance arrangement. Malthotra expressed that he betrayed his wife and was not able to come out from this habit. In the case of another study Anu Joseph, a 23 year old woman married recently one year before. Her husband left for Mumbai to the workspot after a month of marriage, leaving wife with his mother. The wife got into extra marital relationship with an 18 year old nephew of husband, who stays in the neighbourhood and gives company to the woman during nights (Figure 4).
Miles apart yet close at heart: distance no hurdle to marriages

Figure 4
Clippings About Spouses Staying Apart
Padmaja (2005) psychologist quoted a case wherein the couple was staying apart due to government jobs. They had a boy baby too. Now the husband was developing friendship with another lady working in his office and she was forcing him to marry her. He was neither able to leave his wife nor the friend.

Gupta (2005), a journalist projected the perceptions of few more spouses. Smitha Banerjee, Spanish Interpreter stays apart from husband at parent’s house to pursue an academic course wherein the neighbours felt that her marriage was on the rocks. With women becoming keen in their careers and men struggling off the chauvinistic attitude, an astounding number of couples were entering into long distance arrangement. Avantika Tivwari, marketing manager said they were set apart, as husband was pursuing higher studies elsewhere, she wanted to continue her job in Mumbai as their stay apart was not infinite. Anjali Jha, Surgeon had stayed back in India while her husband was in London pursuing his medical education. She too wanted to accompany but she could not leave the job here, until she was assured of a job or good course in London. Ratika Srivatsava, Journalist said that loneliness was not the problem with most of the working couple. Friends and work kept them busy. There were special moments where she was missing for her partner especially when she saw couples having a good time together. Mira Shah, accounts manager said lack of communication coupled by spouse’s absence often resulted in emotional dependence on others and this could cause disaster for a marriage. She suggested to have genuine affection and appreciation at least through communication everyday. Sheetal added, staying alone after marriage made anyone vulnerable to a volley of inane questions. It was silly to assume that just because spouses were staying apart they met sexual urge with anyone else. This might happen even when spouses were together. Aanchal Lal, textile designer who frequently hops between Mumbai and Nagpur said when she knew that she was meeting her spouse on X date even if it was a month to go, time passed quickly, as she had something to look forward to.
But does the institution of marriage, often associated with companionship, togetherness and family, feel threatened? Not entirely, says clinical psychologist Reddy (2006) from Sweekar Institute of Rehabilitation Sciences. It depends on individual while there is a risk of extra marital affairs and other such situation arising, it need not be that same with all cases, further explains Reddy (2006). However, it is children who feel the negative influence of such situations the most. He adds the presence of both parents gives social and psychological security to the child, which is essential for growing up as responsible citizens.

All relationships were basically about three key things — communication, sharing and good moments. It does get difficult to maintain a balance between the three, but it’s not impossible, states Parikh (2005), consultant psychiatrist, Max Health Care, New Delhi. Today, with increased marriage age and media exposure, couples were not getting into a relationship for sex. Companionship is more important. They were looking for a higher emotional compatibility, in some ways seeking spiritual oneness, but did not deny the importance of sex within marriage, states Nagpal (2005), Psychiatrist, VIMHANS, New Delhi. Bottom line is trust, security and commitment without these any relationship, especially a long distance marriage will collapse like a house of cards. If spouses do not trust each other, insecurities will crop. Its virtually impossible to track the activities of a partner staying apart. One has to trust other implicitly for the health of the marriage advises Parikh (2005).

With priorities changing for married couples, the institution of marriage seems to be redefining itself. Married couples living separately in different places for better life and opportunities at work are becoming acceptable in society, though other needs take a back seat. This changing social scenario is consensual and has no hard feelings involved (Tandon, 2006).

“Look at Life’s positive side and you will always be happy”