6.0 Overview

The highly turbulent, dynamic and competitive world makes counselling more vital than ever before. Families are the basic cell of the society. They can be a source of support, encouragement and love, but sometimes relationships within families are put under strain and family members feel isolated or overlooked. Family counselling helps to understand and cope better with the stresses and strains of family life. Family counselling benefits the whole family by helping everyone to grow. The family counsellors believe that an identified patient is only the symptom of a sick family and the entire family system, which is really a natural social system and is dysfunctional. In the present study the investigator focuses on family counselling for spouses in dysfunctional families based on differentiation of self and spiritual intelligence. The investigator considers the family problems across relationship troubles, which can be resolved through developing differentiation of self and spiritual intelligence of the family members.

6.1 Methodology In Retrospect

The present study has been designed to assess the impact of family counselling on ‘differentiation of self’ and ‘spiritual intelligence’ among spouses in ‘dysfunctional families’. A summary of the procedure of the study is discussed below.

Title of the Study

“Impact of Family Counselling on Differentiation of Self and Spiritual Intelligence among Spouses in Dysfunctional Families”
**Need and Significance of the Study**

The family is the sum-total of interpersonal relationships; relationships make a family; they are the threads that are woven into the fabric of the family. In short it is the relationship, which makes a family unique and different from other families. The family is the vital and central part of every society. It is the fundamental unit of the society. Without the creation of good and healthy family, society cannot grow and stay put. Thus the detailed study on the family becomes very relevant in the modern world. The modern family faces a lot of problems within the family and the society. Since the spouses are the key persons in the family life, it is important to enable them to become ‘Masters of Change and Active Role Models’ in the family.

From the literature the researcher identified ‘Dysfunctional Families’ which is the ‘problem, behind the problem’. The concept of dysfunctional family is based on a systematic approach to mental health diagnosis and treatment. Here individual symptoms are seen in the context of relationships with other individuals and groups, rather than the problem unique to the client. Examples of individual’s symptoms are alcohol or dependence on drugs, emotional or psychological disturbance, irresponsibility, illegal relationships; etc. Hence the researcher presumes that the implementation of the concept ‘differentiation of self’ of the Bowen Family Systems therapy along with Yosi Amram’s concept of ‘spiritual intelligence’ in the sphere of family counselling may provide positive results. So she selected the research on the topic “Impact of Family Counselling on Differentiation of Self and Spiritual Intelligence among Spouses in Dysfunctional Families”. Its aim is to build strong families by strengthening relationships. Again, she wants to bring out some practical application of this concept in the Indian context. She believes that the concept ‘differentiation of self and spiritual Intelligence’ is relevant in Indian marriage and family context as a counselling intervention. Also she hopes that deepening these concepts and studying the impact of counselling method based on them will be of greater help to the families in Kerala as well as India and all over the world. Further, in India, the awareness and deep realization of the importance of Family Counselling is the need of the day.
So the investigator decided to find out impact of family counselling on differentiation of self and spiritual intelligence among spouses in the dysfunctional families by conducting survey and experimental intervention. Survey is conducted with constructed and standardized tools. Family Counselling is conducted as experimental intervention with identified spouses of dysfunctional families. The review of related literature in this area also revealed that in India, no such extensive study has been conducted so far. Thus the investigator selected the study.

**Objectives**

**Main Objective**

To find out the Impact of family counselling on ‘differentiation of self’ and ‘spiritual intelligence’ among spouses in dysfunctional families

**Specific Objectives**

1. To identify the dysfunctional families among Syrian Catholics at Central Travancore of Kerala State.
2. To find out the relationship between ‘spiritual intelligence, differentiation of self, and family dysfunction’ of spouses.
3. To find out the significant difference between the demographic variables and research variables.
4. To study how far and to what extent the spiritual intelligence and its dimensions and differentiation of self and its dimensions contribute to the family dysfunction.

**Hypotheses**

1. There is significant relationship between family dysfunction, differentiation of self and spiritual intelligence of spouses.
2. There is significant relationship between dimensions of family dysfunction, dimensions of differentiation of self and dimensions of spiritual intelligence.
3. There is significant difference between mean ranks of dimensions of family dysfunction, dimensions of differentiation of self and dimensions of spiritual intelligence.
4. There is significant association between the level of spiritual intelligence and the level of family dysfunction, level of differentiation of self and family dysfunction and level of spiritual intelligence and differentiation of self.

5. There is significant difference among spouses in family dysfunction and its dimensions, differentiation of self and its dimensions and spiritual intelligence and its dimensions with respect to educational qualification.

6. There is significant difference between pre and post test scores of family dysfunction, Differentiation of Self and Spiritual Intelligence of the Spouses.

7. There is significant difference between the gain ratio of spouses viz; husbands and wives in
   1) Family Dysfunction; 2) Differentiation of Self; 3) Spiritual Intelligence

**Method Adopted**

The researcher has adopted Mixed Method – Quantitative cum Qualitative. The Survey and Quasi Experiment are used to study the Impact of Family counselling on Differentiation of Self and Spiritual Intelligence among spouses in Dysfunctional Families.

**Sample Selected**

A sample of 544 spouses married between 1990 and 2010 from 18 parishes of 6 Dioceses of Central Travancore is selected for the data collection. The spouses who showed Family Dysfunction at a high level are selected for the experimental study. The sample of the experimental study was 15 spouses i.e. 30 members.

**Tools of the study**

The following tools were used for collecting data:

D. Family Dysfunction Inventory by V. Rajeswari and Jessy Jacob (2011) : - Constructed Tool

E. Differentiation of Self Inventory by Elizabeth Skowron (Revised 2003) : - Standardised Tool

F. Integrated Spiritual Intelligence Inventory by Yosi Amram (2007) : - Standardised Tool
**Statistical Techniques Employed**

In the present study the researcher has done both quantitative and qualitative analysis. The data collected by both survey, pre-test & post-test were analyzed by using appropriate statistical techniques. The following statistical techniques are used for descriptive and inferential analysis.

a) Number and Percentage, Mean, Standard Deviation, Skewness and kurtosis.

b) Co-efficient of Correlation.

c) ANOVA, Post Hoch Analysis – DMRT.

d) ‘t’ test for test of significant difference between the independent samples and test of difference between the paired samples

e) Chi Square test

f) Fried-man test for the mean rank of dimensions of the variables

g) Stepwise multiple regression analysis and Structural equation modelling

**6.2 Major Findings of the Study**

The present study analyzes quantitatively, with descriptive and inferential analysis, and qualitatively, with narration and explanations. The major findings are classified as findings from quantitative and qualitative analysis. They are presented under the following heads.

**6.2.1 Findings from Quantitative Analysis**

The findings from quantitative analysis refer to the results of the survey and the experiment related studies. The results of both descriptive and the inferential analysis, based on survey and experimental study, are presented hereunder.

**Findings regarding Family Dysfunction of Spouses**

i) All families under the study, experience family dysfunction at various levels and no family is an exception. Nearly 72.4% of the spouses in Central Travancore suffer from family dysfunction on an average level, about 15.5% at
a high level and about 12.1% at a low level. That is, 84.5% of spouses under the study experience family dysfunction at an average and above average level.

ii) The maximum score obtained for the family dysfunction in the present study is 332/420. Since the family dysfunction score of the families are below 79.05%, they are surviving as a family, instead of suffering and leading a miserable life. If it is above 80%, the survival of the family will be hard and it might end in divorce or separation.

iii) Significant relationship is recognized between various dimensions of family dysfunction. The various dimensions are: Economical, familial, interpersonal, psychological, personality and social. These dimensions of family dysfunction have above 60% positive relationship with each other. So it can be inferred that family function/dysfunction highly depends on these dimensions.

iv) Regarding dimensions of family dysfunction, the spouses, having high score in familial, interpersonal and psychological reasons are more in number. From the results, it is inferred that, familial, interpersonal, psychological and personality factors are the major reasons for the family dysfunction.

**Findings regarding Differentiation of Self of Spouses**

i) The spouses in Central Travancore have average levels of differentiation of self (66.72%), 17% of them have high levels of differentiation of self and 16.28% have low levels of differentiation of self. That is, 83% of spouses have average and low level of differentiation of self.

ii) Notable relationship is recognized between dimensions of differentiation of self.

• Significant positive relationship is found between emotional cut off, emotional reactivity and fusion with others. So increase in one of the dimensions would result in increase in other dimensions and vice versa.
• There is significant negative relationship between the ‘I position’ and the ‘fusion with others’. That is, the increase in I position would result in decrease of fusion with others and vice versa.

• ‘Fusion with others’ has positive relationship between ‘emotional cut off’, ‘emotional reactivity’. The decrease in ‘fusion with others’ would result in the decrease in ‘emotional cut off’ and ‘emotional reactivity’.

iii) Regarding dimensions of differentiation of self, more number of spouses show high in fusion with others and emotional reactivity. So, it is inferred that, the majority of the spouses are emotionally fused and reactive. Therefore, it can be concluded that ‘fusion with others’ is a great hindrance to the differentiation of self of the spouses under study.

Findings regarding Spiritual Intelligence of Spouses

i) The spouses in Central Travancore have average levels of spiritual intelligence (69.48 %), 17.04 % of them have high levels spiritual intelligence and 13.48% have low levels of spiritual intelligence. That is, 82.96 % of spouses have average and low levels of spiritual intelligence.

ii) Significant positive interrelationship is recognized between and dimensions of spiritual intelligence. The dimensions namely, consciousness, meaning, grace, transcendence and truth of spiritual intelligence show significant positive relationship with one another.

iii) Regarding dimensions of spiritual intelligence, more number of spouses shows high in transcendence and truth.

Findings on Relationship between Family Dysfunction, Differentiation of Self and Spiritual Intelligence of Spouses

i) Significant negative relationship is found between family dysfunction and differentiation of self and family dysfunction and spiritual intelligence. Therefore family dysfunction can be reduced either by increase of differentiation of self or by increase of spiritual intelligence.
ii) Significant positive relationship is established between differentiation of self and spiritual intelligence. So the increase/decrease in differentiation of self would be resulted in the corresponding increase/decrease of spiritual intelligence. Also, the increase/decrease in spiritual intelligence would result in the corresponding increase/decrease of differentiation of self.

iii) In the case of family dysfunction, the dimensions of differentiation of self, fusion with others are the significant predictors of family dysfunction followed by emotional reactivity and emotional cut off. The low levels of I position, causes the high levels of fusion with others and consequently the high levels of emotional reactivity and emotional cut off, which further decreases the differentiation of self.

iv) In the case of family dysfunction, the dimensions of Spiritual Intelligence, Transcendence are the significant predictors of family dysfunction followed by Truth, Grace, Meaning and Consciousness.

v) In the case of differentiation of self, the dimensions of spiritual intelligence Transcendence (higher self, holism, practice, relatedness and sacredness) have the most causal relationship on differentiation of self followed by the Truth (egolessness, equanimity, inner wholeness, openness, presence and trust), Meaning (purpose and service), Grace (beauty, discernment, freedom, gratitude, immanence and joy) and Consciousness (intuition, mindfulness and synthesis). Every unit increase in these dimensions will increase the differentiation of self and every unit increase in differentiation of self will decrease the family dysfunction.

**Findings on Association between Family Dysfunction, Differentiation of Self and Spiritual Intelligence of Spouses**

i) It is found that the spouses, who have low levels of spiritual intelligence and low levels of differentiation of self, have high levels of family dysfunction.

ii) The spouses, who have low levels of spiritual intelligence, have low levels of differentiation of self and vice versa.
Findings on Difference between Demographic Variables with respect to DFI and its dimensions, DSI and its dimensions and ISIS and its dimensions

i) The husbands and wives do not differ in family dysfunction and its dimensions, spiritual intelligence and its dimensions and for the dimensions ‘I position and fusion with others’ of differentiation of self. But in the case of ‘differentiation of self and its dimensions ‘emotional cut off and emotional reactivity’, they do differ significantly. Wives are better in ‘emotional cut off and emotional reactivity’ (mean score) than husbands.

ii) The rural spouses are at high levels in the family dysfunction and at low levels in spiritual intelligence and differentiation of self, when compared to their counterpart.

iii) The interesting finding from the result is that, the significant difference in the ‘I position’ of the urban and rural spouses has highly contributed to their significant difference in overall differentiation of self, while all other dimensions do not significantly differ for urban and rural spouses. Hence it can be inferred that, I position highly helps to improve differentiation of self.

iv) The spouses, having a monthly income of above Rs.15,000, show low levels of family dysfunction and high levels of differentiation of Self and spiritual intelligence, when compared to spouses having a monthly income below Rs.15,000. It reveals the need of economic safety for the psychological and spiritual well – being of spouses as well as for functional and successful family life.

v) The spouses having a U.G., or P.G degree educational qualification and above show low levels of family dysfunction, and high levels of spiritual intelligence and differentiation of self when compared to the spouses having Pre Degree and below level educational qualification. It indicates the imperative role of education for functional life.

vi) Family dysfunction and its dimensions, differentiation of self and its dimensions and spiritual intelligence and its dimensions have no significant difference with respect to the number of children of the spouses, the duration of marriage of spouses and the nature of marriage.
Findings from Experimental Study

i) It is found that the family counselling helps to reduce the dysfunctions of the family. Almost all the families suffer family dysfunctions, before they were invited for the sessions of family counselling. After receiving help and guidance through the family counselling 70% of the spouses have become healthy personalities and responsible persons, their families have been transformed into happy and functional families. The remaining 20% and 10% families have improved from the worst, acute and very acute level of their family dysfunctions to poor and very poor respectively.

ii) Pre and post test scores of the family dysfunction and its dimensions show a very significant difference and improvement towards fully functional families. Hence it is concluded that the family counseling given, focused on increase of Transcendence and Truth (dimensions of spiritual intelligence) and the ‘I Position’ (dimension of differentiation of self) among spouses in dysfunctional families helped the spouses to reduce the family dysfunction. It proves the impact of such effective intervention in decreasing the family dysfunctions of the spouses.

iii) Pre and post test scores of differentiation of self and its dimensions show a very significant difference. Hence it is concluded that the family counseling given focused on the increase of Transcendence and Truth (dimensions of spiritual intelligence) and ‘I Position’ (dimension of differentiation of self) among spouses of dysfunctional families helped the spouses to improve differentiation of self by minimizing other dimensions namely ‘emotional cut off, emotional reactivity, and fusion with others’. It proves the impact of such an effective intervention in increasing the differentiation of self of spouses.

iv) Pre and post test scores of spiritual intelligence and its dimensions show a very significant difference. Hence it is concluded that the family counseling given focused on the increase of Transcendence and Truth (dimensions of spiritual intelligence) and I Position (dimension of differentiation of self) among spouses in dysfunctional families helped the spouses to increase spiritual intelligence by
improving the dimensions ‘consciousness, meaning and grace’. It proves the impact of such an intervention in increasing the spiritual intelligence of the spouses.

v) The spouses gained 27.79% decrease in their family dysfunction, 20.77% increase in their differentiation of self and 36.46% increase in their spiritual intelligence after family counselling. This indicated the impact of family counselling on differentiation of self and spiritual intelligence among spouses in dysfunctional families.

vi) Husbands and wives show no significant difference in gain ratio of family dysfunction, differentiation of self and spiritual intelligence.

6.2.2. Findings from Qualitative Analysis

The findings from qualitative analysis refer to the results of the counselling intervention. The findings from the intervention with families are presented below.

Findings from Counselling Intervention

i) Family dysfunction is a unique experience of each family. Each family experiences the family dysfunction in a different level and manner. From the intervention with client families the following major reasons of family dysfunction are found. They are:

- Lack of genuine and honest religious and spiritual life.
- Absence of principles and values in life.
- Verbal abuses like hurtful comments.
- Absence of proper and well-defined sharing of duties and responsibilities.
- Lack of expression of love, genuine concern for others and commitment.
- Rigid rules and lack of support at the time of crisis.
- Lack of acceptance of weaknesses and limitations of family members.
- Lack of admiration of strengths of family members.
- Lack of proper communication (family discussion; discussion between spouses) at the right time for personal and family matters, especially with reference to decision on important matters.
Ignorance in proper and responsible handling of the problems.
Superiority complex and egoism of the male partner.
Lack of self awareness, self acceptance and self examination.
Alcoholic related problems and bad friendships.
Unwillingness to correct one’s personal mistakes and unhealthy attitude towards life, and justification of their own actions and unwillingness to forgive the others.

ii) The specific reason for the family dysfunction of this community is found to be the selection of life-partners only from within that particular area. So they have no opportunities to go out and see other cultures.

iii) Family counselling reveals the possibility of revitalization of dysfunctional families.

iv) Family counselling helps to increase spiritual intelligence and differentiation of self as well as to minimizes the family dysfunction.

v) Family counselling enables the family members to develop a proactive approach towards their life.

vi) The Power of the Word of God consoled and healed the clients. It gave insights into their family life and helped them to transform their family life.

vii) The reading of the ‘selected books’ and texts helped them to get rid of various kinds of ignorance.

viii) The active participation in the ‘sacramental life’ enabled the clients to experience the presence of God as well as the relationship with the Almighty.

ix) The spiritual intelligence serves as a strong basis for building up a disciplined and functional personal life as well as family life. Sincere and honest spiritual life and relationship with God promote spiritual intelligence. From the study, what the investigator could learn is that, family dysfunction is resulting from the interaction of dysfunctional peoples, who have no sincere and honest spiritual life.

x) The spiritual intelligence serves as a strong basis for building up differentiation of self. From the study, the investigator could learn that, the
spiritual practices help the persons to calm themselves and to look at the problems in a right manner and with the realistic perspective. Thus, the spiritual intelligence helps them to develop certain principles and values in life. Thus slowly he/she develops the differentiation of self, which results in functional personalities and functional families.

xi) The character is the gift of the family background, where one is brought up. The inner wounds of the past life are found in each and every client. Most of the behaviors are the expression of inner wounds of past. Most of the time, their actions were the projection of these past events and experiences. Healing sessions helped them to realize these wounds and become free.

xii) The reluctant to change is common in every client. Everyone is look forward to the character change of others. But after getting awareness, all became co-operative.

xiii) The willingness to personal change from the part of single partner will create lot of changes in other partner as well as in the family. It is clear from the client (female partner), who came for the counselling sessions.

xiv) Children are the scapegoats of the family dysfunction in the family. From the interventions, the researcher identified that the children are aware of the problems that are present in the families and to a certain extent they also know the remedies. But they are helpless in a chaotic situation. If they are given proper guidance, they will easily get rid of it.

xv) It is commonly observed that the husbands and wives are found less time to ‘be together’ and have less discussions and sharing; which further affects the proper and healthy family function. The media especially the ‘serial programs’ are stealing their time.

xvi) It is found that most of them do not reveal the problems to the persons, who can help them like leaders, counsellors etc; and sharing it to the relatives, in-laws and friends. And these third persons who involve in the family problems are not helping them to take appropriate decisions; rather they are working as catalysts or precipitator of the events.
xvii) The gender equality is not observed in most of the families. The interesting finding is that, the women are the major obstacles to promote equality between the spouses. If the husband is ready to give equal status to wife, the in-laws criticize and discourage it. Most of the time the in-laws and the other family members fail to keep the boundaries of the subsystems, which also increases the family dysfunction.

xviii) The visits to the families of the clients opened the door for a deep perception and understanding of their problems, their situations, as well as it promoted and assured the co-operation of the clients.

xix) The unrealistic expectations from others, especially from children are noted. Parents do fail to find their children’s interest and ambition. They expect the fulfilment of their dreams through children.

xx) It is noted that the spouses have less scientific and religious knowledge regarding family life cycle and respective changes, developmental stages and corresponding changes, goals, rights and responsibilities of the spousal relationship and family life.

xxi) The discrepancy between the observance and the practice of rituals and customs are perceived.

xxii) The study reveals that the diocesan family apostolate centres are not accessible and so less helpful to the people to resolve their family problems and grow as healthy families. Also, the study points out the lack of the parish-wise initiatives to improve the quality of family life.

xxiii) It is found that ‘the families are in need of help’. If people get enough confidence and trust, they themselves take initiatives for seeking help. This is evident from the spouses - out of the target group - who sought counselling.

xxiv) Counselling sessions in the ‘family settings’ gave the following opportunities:

To express their bitter and suppressed feelings in a healthy and functional atmosphere.

To have frank expression of their wishes, desires, worries and sufferings.
To openly express, convey and appreciate the good qualities of the family members to them.
To understand each other.
To create healthy relationships with each others.

6.3 Implications of the Study

1. Disparity in Spiritual and Psychological growth and Inadequacy of the Program given for the development of the spouses

The study revealed that 84.5% of the spouses under the study experienced an average and above average level family dysfunction, 83% of the spouses experienced an average and below average level of differentiation of self, and 82.96% of the spouses experienced an average and below average level of spiritual intelligence. The conclusion that one can reliably make, from the statistical facts stated above, is that though the spouses are from same community and with the same spiritual and psychological formation backgrounds, a great disparity is observed in the acquiring of differentiation of self and spiritual intelligence. And hence, it can be reliably concluded that they are experiencing various levels of family dysfunction. It indicates the inadequacy of programmes offered to the families to build necessary skills for the improvement of families, and the failure of the spouses in implementing the instructions and the exercises in their daily lives, as well as the insincere and dishonest spiritual practices. It also points out the lack of follow up programmes for the families.

2. Fusion with others is the great hindrance to the differentiation of self of the spouses. Development in 'I position’ skills minimize the ‘fusion with others’ and family dysfunction

From the results, it is inferred that, majority of the spouses are emotionally fused and reactive. Therefore, it can be concluded that ‘fusion with others’ is the great hindrance to the differentiation of self of the spouses under study. It indicates an emotional over involvement with significant persons and with one’s parents leading to acceptance of parental values, beliefs and expectations without
questioning and a mature reflection. The very reason for this might be the traditional principles and customs existing in societies and families. In societies like India especially in Kerala, the persons are getting training and appreciated to ‘be dependent’ than ‘autonomy and independence’. The correlation result also shows the significant negative interrelationship between ‘fusion with others’ and ‘I position’. It reveals that the decrease in ‘fusion with others’ will increase the ‘I position’ and vice versa. Again, the results based on the stepwise multiple regression analysis reveal that the ‘I position’, the dimension of ‘differentiation of self’ greatly reduce the ‘family dysfunction’. This further confirms the need for developing the ‘I position’ skills among the spouses in order to reduce ‘family dysfunction’. These facts emphasize the need to boost the ‘I position’ among spouses in order to reduce ‘fusion with others’ and ‘emotional cut off’ so as to normalize ‘emotional reactivity’

3. The Conscious efforts taking for the development of the Dimension of the Spiritual Intelligence namely ‘Transcendence and Truth’ will improve the other dimensions ‘consciousness, meaning and grace’ of the spiritual intelligence and ‘I position’ the dimension of differentiation of self so as to minimize ‘emotional cut off, emotional reactivity and fusion with others’ and ‘family dysfunction’.

The low level of spiritual intelligence and the differentiation of self, confirm the high level of family dysfunction. The low level of spiritual intelligence also point out the low level of differentiation of self. The results based on the stepwise multiple regression analysis reveal that all the dimensions of spiritual intelligence; transcendence, truth, meaning, grace and consciousness; contribute to increase the differentiation of self and reduce ‘family dysfunction’. With reference to dimensions of spiritual intelligence, the spouses show higher scores in transcendence and truth. Since the spouses have natural inclination to these dimensions, conscious and continuous efforts to increase these dimensions will definitely improve ‘spiritual intelligence’, ‘differentiation of self’ and thus reduce the ‘family dysfunction’. Also, the results of the structural equation modelling reveal that the dimension transcendence shows a high causal relationship with ‘differentiation of self’,
followed by the truth, meaning, grace and consciousness. It is an indication of the need for improvement of transcendence and truth and the other dimensions of spiritual intelligence to enhance ‘differentiation of self’ and thereby to reduce ‘family dysfunction’. These facts reinforce the need to inculcate and enhance spiritual intelligence among spouses to reduce family dysfunction.

4. The Spouses belong to Rural Area; Low Income Group and having Low Level of Educational Qualification Deserves Special Attention.

The results show a high level of ‘family dysfunction’ and a low level of ‘differentiation of self’ and ‘spiritual intelligence’ among the rural spouses. It might be the consequence of high alcoholic consumption and related problems among the rural male partners, low socio-economic and educational status. It calls for more attention to the rural spouses in terms of awareness sessions, training programs, exercises and follow-up. Though the urban spouses show significant difference (high) from the rural spouses in their ‘family dysfunction’, from the study, it is found that most of them still suffer from considerable ‘family dysfunction’. Hence, an appropriate intervention for the urban spouses is also needed.

The spouses having a monthly income below Rs.3,000 show a high family dysfunction, a low ‘spiritual intelligence’ and ‘differentiation of self’. The study indicates the need for the economic welfare and safety for the well functioning of the family, as well as the achievement of the ‘differentiation of self’ and ‘spiritual intelligence’. It insists on the necessity of improvement in economic condition of spouses. Though the high income groups show a significant difference from the low income group in ‘family dysfunction’, from the study, it is found that most of the high income group also suffers from considerable ‘family dysfunction’. It is inferred that a mere economic welfare and safety alone do not ensure an ultimate solution. Hence, an appropriate intervention is also needed for the high income groups.

It is found that the spouses, with U.G and P.G educational background and with still more qualifications, show low level of ‘family dysfunction’, high level of ‘differentiation of self’ and ‘spiritual intelligence’. It reveals the importance of higher education to build ‘differentiation of self’, ‘spiritual intelligence’ and ‘family
function’. Again it is to be noted that though the highly educated spouses are different from their counterparts, still to a large extent they are also experiencing ‘family dysfunction’ and its consequences. It reveals the need of the improvement of the curriculum with reference to goal-setting and integrated growth of mind, heart and the basic values of life and practical knowledge to understand the various dimensions of a family life and skill related to living together as a functional family.

5. Age, Period and Experience of Family Life did not Contribute for the Development of the Spiritual, Psychological and Functional skills of the Spouses

The study reveals that the spouses, across various stages of family life, have no significant difference in their ‘family dysfunction’, ‘differentiation of self’ and ‘spiritual intelligence’, which implies their age, period and experience of family life do not contribute for the development of the skills needed for a good ‘functional family life’, ‘differentiation of self’ and ‘spiritual intelligence’. This brings out the necessity of goal setting and development programs according to the stages of family life.

6. `Social Stigma` prevents the people to seek proper help for integral growth and develop gender equality.

The results reveal that people are hiding their problems and not ready to seek proper help from qualified and trust-worthy persons. It points out the social stigma attached to seeking professional counselling, psychiatric guidance and medical help for behavioral changes. Consequently a good number of persons in the society are unaware of their misconceptions about family counselling and thereby they become a hindrance to healthy changes to reduce the ‘family dysfunctions’. Hence, everyone needs awareness about these facts, and it is the need of the hour to build healthy and functional families and nation.

It is found that the equality among men and women, especially among the spouses, is to be fostered and promoted. The disheartening fact is that most of the women-in-laws are the promoters of this traditional inequality, by projection of their
own experiences in the young and new families. Hence, the training and awareness programmes on these perspectives are also essential.

7. The Different Types of Programs and Interventions are the Need of the Time to improve the ‘Differentiation of Self, Spiritual Intelligence and Family Function’.

The significant difference of the pre and post-tests of the experimental study and the significant gain ratio of the clients clearly indicates the impact of family counselling on ‘differentiation of self’ and ‘spiritual intelligence’. Hence, from the result of the study, the urgency of various kinds of programmes can be inferred, to increase the ‘differentiation of self’ and ‘spiritual intelligence’ of spouses in order to decrease the ‘family dysfunction’.

It is found that the visits to the client’s houses deepen the understanding of the real face of each family and enhances the co-operation from the part of clients. Therefore, it implies that ‘house visits’ are one of the best strategies for renewal and enabling the families as functional families.

It is noted that the participation of the all the family members in the counselling sessions, opened a favourable and quick way for open communication, fast cure, ease attainment of goals and it facilitated a deep and comprehensive understanding of the situations and the relationships between them. It reveals well the role of family counselling and the role of the family counsellor. It also points out the necessity of counselling in the family settings and the need for well-trained family counsellors.

During the period of counselling, the spouses out of the target group, wanted help and assistance of the counsellor. It implies the need of availability of family counsellors at their reach.

8. Children require Sympathetic, Affectionate and Integral Growth Oriented Help and Concerns

The study reveals that the children are the scapegoats of the family problems. It demands greater awareness on these aspects and the sympathetic and affectionate concern of the parents, the counsellors, the teachers and the other elders in the
society, so that the children can be understood and helped to grow as healthy persons. It necessitates the collaboration among the teachers, counsellor, the parents and the elders.

6.4 Recommendations of the Study

i) The spouses are recommended to follow the suggestions given below.

- Get guidance from qualified and experienced family counsellors
- Keep sincere and honest participation in spiritual practices and to maintain a dynamic relationship with God Almighty.
- Have a good will and motivation to attend the renewal and development programmes to develop the talents and skills, confidence and forgiving love to improve them and to build a happy functional family.

ii) Parishes are recommended to implement the following suggestions.

- Conduct the marriage and the family enrichment programmes for spouses, specifically with reference to building up of ‘spiritual intelligence’ and ‘differentiation of self’ to transform the families into healthy and functional families. The spouses are to be encouraged and facilitated to participate so as to derive the benefits and grow as matured and responsible spouses.
- Have a ‘family renewal and renovation team’ to attend to the problems and needs of the families in time.
- Arrange a ‘mechanism’ suitable to keep constant contact with the families of parishioners to help them to develop strategies of functional family life. House visit can be taken as one of the medium to keep contact with the families.

iii) Recommendations for the consideration of Family Apostolate Centers of the Dioceses:

Include the ‘programmes based on spiritual intelligence, differentiation of self and family function’ in the premarital training courses. Conduct the programmes based on ‘spiritual intelligence’ and ‘differentiation of self’ for the spouses of different marital stages or family cycle.
Organize and conduct training programmes focused on ‘spiritual intelligence’ and ‘differentiation of self’ to form efficient family counsellors.

Start a telephone ‘HELPLINE’ to provide facility for those spouses who need very urgent help and those who cannot travel or find time to attend the organized programs.

Take initiatives to run counselling centers attached to the parishes to help the families, which can extend personal help immediately to control family dysfunctions and the growth of functional families.

Develop separate programmes for ‘rural spouses’ and ‘urban spouses’ to improve the ‘spiritual intelligence and differentiation of self’ so as to improve the family function.

Organize the special programmes for the spouses on scientific and religious knowledge regarding family life cycle and respective changes, developmental stages and corresponding changes, goal, rights and responsibilities of spousal relationship and family life.

iv) For Educational Administrators:

Take necessary steps to improve the quality, content and methodology of the educational programmes in order to provide information and training to attain intellectual clarity, psychological maturity and skills to grow as healthy and able students, who can become empowered spouses to form fully functional families.

Conduct awareness programmes for the students in the schools from upper primary classes on importance of ‘higher education in the life’.

Start the student based family counselling programmes in the educational institutions especially in the schools including pre primary classes.

v) Recommendations collaborative Team Work between Parish, Family Apostolate centers, Government and non-governmental organizations:

Programmes for the eradication of the alcohol use and problems related to alcohol from the families
Awareness programmes for the elimination of gender inequality with special reference to women and families.

Programmes for the abolition of social stigma attached to seeking professional counselling, psychiatric guidance and medical help towards behavioural changes.

Special plans and awareness programmes for the improvement of the economical background of the income group below 3000.

Awareness programmes on the need and importance of higher education for the parents to promote them to send their children especially the boys for the higher education levels.

6.5 Suggestions for Future Research

i) Similar studies can be undertaken with special reference
   a) Families of other Christian Communities
   b) Families of other religions
   c) Families of alcoholics
   d) Other districts and dioceses
   e) The couples married between other than 1990 and 2010.

ii) Comparative studies can be conducted between the different Christian communities, different religions, different districts, and different states.

iii) Similar intervention program (family counselling) can be conducted with special reference
   a) Urban families
   b) Both urban and rural families
   c) Families of high income groups.
   d) Families of higher educational background
   e) Families of the students in school settings
iv) The study reveals that the spouses across various stages of family life and the spouses have different number of children shows no significant difference in their ‘family dysfunction’, ‘differentiation of self’ and ‘spiritual intelligence. A study can be conducted to find out the reasons for ‘similar level of family dysfunction, differentiation of self and spiritual intelligence’ between these spouses.

v) Similar intervention can be conducted to the spouses by taking ‘retention’ of the intervention.

**6.6 Conclusion**

Interacting with the families has helped the researcher to deepen her understandings on families, to know the importance, problems and necessity of supporting the families. The family is an intermediate institution between individuals and society, and nothing can completely take its place. In the words of Blessed Pope John Paul II, the Pope of the families, “as the family goes, so goes the nation, and so goes the whole world in which we live”. Again, according to his words, ‘to maintain a joyful family, requires much from both the parents and the children. Each member of the family has to become, in a special way, the servant of the others’ (Pope John Paul II, 1998). The challenges of present-day society, marked by the centrifugal forces generated, make it necessary to ensure that families do not feel alone. In the words of Blessed Mother Teresa, “We think sometimes that poverty is only being hungry, naked and homeless. The poverty of being unwanted, unloved and uncared for is the greatest poverty. We must start in our own homes to remedy this kind of poverty”. So she advises that “Smile at each other. Smile at your wife, smile at your husband, smile at your children, smile at each other - it doesn't matter ‘who it is’, and that will help to grow up in greater love for each other”.

The scientific study and intervention among spouses on spiritual intelligence and differentiation of self provided a blend of resources of both spiritual and psychological. The study revealed that spirituality and psychology are like two sides of a coin. They support each other and help to grow. In the words of Poe John Paul II, “Science can purify religion from error and superstition; religion can purify
science from idolatry and false absolutes. Each can draw the other into a wider world, a world in which both can flourish”.

The family is itself based primarily on a deep interpersonal relationship between husband and wife, sustained by affection and mutual understanding. The family is a necessary good for peoples, an indispensible foundation for society and a great and lifelong treasure for couples. It is a unique good for children, who are meant to be the fruit of the love, of the total and generous self-giving of their parents. Therefore the society, government and ecclesial community have an important role to play, as networks of support, encouragement and spiritual nourishment which can strengthen the cohesiveness of the family and a helping hand for the growth of families especially in times of trial or difficulty.