



# Impact of Emotional Bonding in School Children with Family Members

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## DESCRIPTION

Family cohesion is the emotional bonding that family members have toward one another. It is influenced by factors such as trust, communication, love, rituals, traditions, and parental involvement. It can be measured by models and scales that assess the quality and expression of family relationships and rules. It can affect the well-being of family members and their satisfaction, self-esteem, depression, and deviance. It can also change over time and in response to life events and conflicts. Family cohesion is especially important for school children, as they are in a critical stage of development and learning. School children need a supportive and nurturing family environment that fosters their academic achievement, social skills, emotional regulation, and identity formation. Family cohesion can provide school children with a sense of security, belonging, and guidance that can help them cope with the challenges and opportunities of school life.

However, family cohesion is not always easy to achieve or maintain. Families may face various stressors and difficulties that can strain their relationships and affect their cohesion. Some of these stressors may include financial problems, work demands, health issues, marital conflicts, divorce, remarriage, migration, cultural differences, and violence. These stressors can create emotional distance, communication breakdowns, role confusion, and power struggles among family members. Therefore, families need to work on enhancing their cohesion by adopting positive strategies and practices that can strengthen their bonds and resolve their conflicts.

## Strategies and practices

Families need to work on enhancing their cohesion by adopting positive strategies and practices that can strengthen their bonds and resolve their conflicts.

Some of these strategies and practices may include:

**Communicating openly and respectfully with each other:** Family members should express their feelings, thoughts, needs, and expectations clearly and listen attentively to each other.

They should also avoid blaming, criticizing, or judging each other harshly.

**Spending quality time together:** Family members should engage in activities that they enjoy and value together, such as playing games, reading books, watching movies, cooking meals, or going on trips. They should also celebrate special occasions and milestones together.

**Supporting and encouraging each other:** Family members should help each other with their tasks, problems, goals, and dreams. They should also praise each other for their efforts, achievements, and strengths.

**Respecting and accepting each other's differences:** Family members should acknowledge and value each other's personalities, preferences, opinions, beliefs, and cultures. They should also accommodate each other's needs and limitations.

**Negotiating and compromising:** Family members should discuss their issues and concerns calmly and respectfully. They should also seek to understand each other's perspectives and find solutions that are fair and acceptable for everyone.

**Seeking professional help when needed:** Family members should recognize when they need external assistance to deal with their challenges and improve their cohesion. They should consult with counselors, therapists, mediators, or other experts who can offer them guidance and support.

It also promotes the cultural and social integration of children. Evidence has suggested that children from cohesive families are more likely to maintain their ethnic identity, language, and values while also adapting to the mainstream culture and society than children from less cohesive families. Research has indicated that children from cohesive families are more resilient and less vulnerable to psychological distress, substance abuse, delinquency, and violence than children from less cohesive families when exposed to stressful or traumatic events. Family cohesion is a vital factor that can influence the well-being and development of school children. Families should strive to enhance their cohesion by using positive strategies and practices

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that can foster their emotional bonding and resolve their conflicts. By doing so, they can create a harmonious and supportive

family environment that can benefit both themselves and their children.