

THE IMPLICATION OF POSITIVELY REINFORCING INTERACTION AMONG FAMILY MEMBERS ON THEIR FAMILY HEALTH: A CASE STUDY OF DISTRICT KHANEWAI

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ABSTRACT- The objectives of this research paper to study the implication of positive reinforcing interaction between family members and its impact on their health. For this purpose, a sample of 385 respondents was taken randomly and 162 females were selected from Government Degree College for Women and 223 males from Government Degree College for Boys of District Khanewal. The data was collected through a structured questionnaire and collected data was processed through SPSS Software. The data was analyzed through 5 points Likert scale and multiple regression analysis. Our results show that there is close relationship between reinforcing interaction among family members and their emotional and physical health.

Key words: positive reinforcing interaction, family members, wellbeing. Emotional health

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1 INTRODUCTION:

1.1. Background of the study:

A ramification of positive strengthening connection between relatives upon their family relations wellbeing allows to how do singular relatives share their associations and feelings with one another, relatives are basic for the sound working of the family. Constructive relational connections portrayed by powerful correspondence, steadiness, and warmth have gotten expanding consideration in inquiring about on mental parts of the family atmosphere. For instance, Eisenberg et al (2005) have underscored that warm, wonderful, and responsive child rearing practices are helpful for compelling youngster socialization. Similarly, McCoy et al (2009) examined the significance of the useful goals of conjugal clash for youngsters' certain social change. Given that the family is one of the significant settings of human improvement Collins et al (2000). It is imperative to increase an increasingly exact comprehension of the wellsprings of these positive connections. Reiss et al (2011). These, are certain relational practices inferable from family standards, explicit connections inside the family, or attributes of the individual relatives themselves. Additionally, how stable are these wellsprings of conduct after some time reinforcing relational practices assume a conceivably significant job in all family connections. For example, Davidov and Grusec (2006) contend that positive child rearing is contained two elements: responsiveness to trouble and warmth. While responsiveness to trouble involves taking care of and approving kids' negative effect and helping them to take care of issues, parental warmth involves arrangements of love and articulations of positive effect. Comparative thoughts in regards to constructive and steady relational conduct show up in talks of conjugal (e.g.,

Kramer, 2010). In these specific situations, positive practices by and large include articulations of positive effect (e.g., intrigue and fondness) and practices significant for useful compromise. Another worldwide examination uncovers that family and informal communities assume such a significant job in singular wellbeing. That is, about 33% of individuals (31%) - transcendentally those with more advantageous practices - will in general separation themselves from companions who participate in unfortunate practices. In a bigger gathering - made out of individuals who don't consider wellbeing status to their social communications (44%) less sound conduct is the standard with members expending less wellbeing data, and regularly neglecting to support solid conduct change when they attempt. The multinational study comprised of more than 15,000-individuals living in 12 nations found that social connections impact wellbeing status. "Regardless of whether we intend to or not, we impact open and individual wellbeing in all parts of our lives said Nancy Turett.

1.2 Definition of reinforcement:

The process of encouraging or establishing a pattern of behavior by offering reward when the behavior is exhibited positive reinforcement works well on human beings. In behavioral psychology "reinforcement is a consequences applied that will strengthen an organism's future behavior whenever that behavior is proceeded by a specific antecedent stimulus. this strengthen effect may be measured as a higher frequency of behavior, longer duration, greater magnitude, or shorter latency."

1.3 Objectives of the study:

The objectives of study are stated as under:-

1. To study the implication of positively reinforcing interaction among family

members on their family health.

2. To examine relationship between positively reinforcing interaction and health of family members.
3. To analyze the positive effects of interaction among family members and its effects on their emotion and health.
4. To study the factors to improve family fitness and reinforcing interaction in the society

1.4 Main research questions:

1. Has mothers time spending with their children provide major input into total family interaction?
2. Has interaction between family members improved family environment?
3. Has increased interaction between family members improve emotional well-being and \health of all family members.?
4. What the factors that contribute into reinforcing interaction among family members and improve their physical and emotional health?

1.5 Main Research Problem:

The problem of this research study is to analyze the impact of positively reinforcing interaction among the family members on their family health. This study developing a way to assess quantitatively family interaction by examining everyday activities in the family, the relations between family interaction and certain characteristics of the family environment. To explore the solution of this problem we collected fresh data from males and females responding working in public sector Colleges. This makes this study distinct from other studies.

1.6. Scope of study:

The present study will be helpful contributing knowledge on the topic. Many other critics and researchers have worked but there are some gaps in their works. This study will fill these gaps and add something new and would be helpful for the writers, researchers and teachers and scholars.

2. REVIEW OF LITERATURE:

According to Gilliss (1991), theories used to attend to health and illness in family nursing largely borrowed from other disciplines with the term individual often replaced with family, but the complex family unit and scope of nursing practice often not addressed.

Kerlinger, (1986) has stated that a theory is a set of propositions that describes the relationships among the variables in order to systematically describe the phenomena of interest (Theory involves concepts closely tied to individuals, groups, situations or events and explain relationships between them

Fawcett, (1993), has stated that when ideas are less concrete, the ways phenomena are viewed and organized is sometimes referred to as a conceptual model. Conceptual models have some of the same components as theories, but are more loosely constructed and generally lack the propositions that identify the existence of relationships between concepts.

Family structure underlines the whole axis of family members, yet makes a strength of part connections and collaborations and the utilitarian status to manage wishes, dreams, and keep up its members. Family frameworks idea has progressed over the past couple of numerous years out of humanism. Brain science and family sciences, while sociologists had been as a matter of first importance associated with portraying what they found from auxiliary,

valuable or formative perspectives, the musings have now merged and possess family structures hypothesis has end up being a progressively broad strategy. A key factor of family structures technique, extraordinarily while it's far used in family cure, is that of a unitary conceptualization of family, an entire that is outstanding from the total of its components (Whall, 1991).

Reuben Hill (1949), a humanist, characterized an axis of family members as an assortment of interrelated people. They make a living framework and change during that time as they acted. In misfortune, they get-together that came about because of wartime challenges. This early investigation perceived possess family pressure revel in of modification that frequently brought about a lower in claim family working.

Slope (1965) built the ABCX model of family pressure and noticed the key components of stressor. He states that the unpleasant event, and viability of assets that decided if or not ways of life events had been seen as calamity.

McCubbin and McCubbin (1991) expanded Hills model of family Stress, Adjustment, and Adaptation. This model is based upon a few suppositions about families.

Minchin's (1974) is frequently credited with the primary reasoning that has caused basic useful styles. He based absolutely his basic musings around families on his clinical work with families in hopelessness and developed a structure reliable with frameworks thought. His hypothesis is an open structures method to the family as a unit as opposed to the aggregate of people. Ideal hover of family members working happens when the family has the ability' to adjust and rebuild itself as new needs are experienced.

Erikson, (1965) and Piaget (1971) studied that different family members' cooperation that is most likely viewed as presence cycle techniques.

Instances of individuals who have outfitted presence cycle points of view generally covered in exercise, studies, and training are formative hypothesis, social examining hypothesis, Freud's character thought, and Kohlberg's (1981) degree hypothesis of moral alteration. Theorists portray life cycles regarding basic formative stages deemed to incorporate pivotal components that develops know-how around people.

George Herbert Mead (1934) developed a model that demonstrates when one begins to perceive what their identity is and how they fit inside the worldwide dependent on upon their cooperation with others. A baby is conceived with no connection to images, however start suggests an immediately vigorous and on-going interchange with encompassing images. Association with images and others empower the infant to gather private or separate from others, and attribute which intends to the World Characteristics

Gedaly-Duff and Heims (1996) conceived that family interchange form got from representative exchange and formative hypothesis. This model spotlights on a choice of thoughts related with family alongside calling, maturing, marriage, middle age, propelling, and workforce age. Be that as it may, individual advancement is likewise respected in relationship to examples of wellness, sickness, and contamination. Family vocation comprises of possess family duties. It energizing individuals, meet part's socialization wants add to the resulting innovation, and sell part wellness and care throughout disease. When People observe someone objective they boost their sources and favorable circumstances in result their chances of misfortunes becomes less. In this way they know about costs and awards of their work.

3. RESEARCH METHODOLOGY:

3.1 Research Design:

An Explanatory studies method is used to collect data and describe the characteristics of the variables of interest. It is primary data based exploratory and descriptive studies. It enables us to apprehend methods and interactions between people, locations and phenomena. The main cause of many social sciences research is to decide the causal relationship. This study intends to explore the effective reinforcing interplay between own family contributors upon their circle of relatives' health in District Khanewal. Quantitative and Qualitative techniques have been used in this research. A Questionnaire has been used for collecting data and a research tool.

3.2 Universe of the study:

The universe of this study are the male and female respondents of Boys and Women Degree Collages of District Khandwal.

3.3. Sample of study:

This study was conducted in District Khanewal and 385 out of 10285 male and female students of Government Degree College for Women and Boys were taken. 223 male students (57%) were taken from Government Degree College for Boys while 162 female students (42.07%) were selected from Women Degree College of District Khanewal. Multi-stage and proportionate random sampling method was used for collection of data from respondents.

3.4 Analytical Techniques:

A questionnaire based on 5-points Likert scale was developed and data was collected through field survey methods. All respondents were approached physically and got filled the questionnaire after explaining the

purpose of study. Respondents were asked questions about six points of interplay amongst circle of relative's individuals including often verbal exchange, at once & clean communiqué, lively listening, communicate openly and fantastic communiqué. Responses about these questions were measured on the premise of Likert scales. The respondents were also asked about the health of the family participants that's consist of six goals along with healthy interplay among circle of relatives, enhancement of character improvement structuring of relationships. healthy surroundings, existing fashion and everyday links with broad community. The data was processed through SPSS software. A pilot testing was carried out on questionnaire of 20 respondents in order to evaluate the validity and reliability of questionnaire. The questionnaire was revised accordingly. Cronbach's Alpha technique was used to check reliability of data.

4. ANALYSIS OF RESPONDENTS' TECHNIQUES:

4.1: *Positive reinforcing interaction between family members establishes a facilitative process of interaction exists among family members.*

The response of this statement is shown in Table 1:

Table 1: Positive reinforcing interaction between family interaction

Odell	R	R Square	Adjusted R Square	Std. Error of the Estimate
	.495 ^a	.245	.243	8074

a. Predictors: (Constant), Positive Interaction

Coefficients^a

Model		Un-standardized Coefficients		Standardized Coefficients	T	Sig.
		B	Std. Error	Beta		
	(Constant)	27.128	1.427		19.008	.000
	Positive interaction	1.287	.101	.495	12.705	.000

a. Dependent Variable: facilitative pro family members

Table 1 shows that the p-value is .000 that is less than the level of significance 0,05, so that we reject null hypothesis and accept the alternative hypothesis. The R Square is 0.24 which means that 24% change in the dependent variable occurs due to changes in independent variables.

4.2 Positive reinforcing interaction between family members enhances the individual member development.

Table 2 Positive reinforcing interaction enhances individual members ‘development

Odd		R Square	Adjusted R Square	Sid, Error of the Estimate
	³⁴⁸	.121	.120	8,481

Predictors: (Constant), Positive interaction

Model		Coefficients				
		U n- standardized Coefficients		Standardized Coefficients	Sig	
		B	Std. Error	Beta		
	(Constant)	33,3 11	1.49 9		22 .219	.00 0
	Positive interaction	.882	.106	.348	8. 292	.00 0

a. Dependent Variable Members development

Table 2 shows that the p-value is .000 which is lower than the significance of 0.05,so we reject the null hypothesis and accept the alternative hypothesis. The R square is 0.121 which indicating that 12% change in dependent variable is due to change independent variables. The alternative hypothesis is that there is relationship between positive interaction and members’ development, so the results of the study supports alternative hypothesis It is prove that positive interaction has impact on individual members’ development.

4.3 *Positive reinforcing interaction between family members’ structures role relationships effectively and changing family needs over time*

Table 3: Relationship between family structure and changing family needs

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	
	.564 ^a	.318	.317	7,47022	
a. Predictors: (Constant), positive interaction					
Coefficients ^a					
Model	Un-standardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	2079.2	1.644		12.649	.000
Positive interaction	.549	.036	.564	15.251	.000

Table 3 shows that the p value is 0.00 which is less than the level of significance that is 0.05, so we reject null hypothesis and accept the alternative hypothesis. The R is 0.564 which means there is 56 percent changes in dependent variable is due to independent variables. The adjusted R square is 0.31 which means due to positive interaction only 31 percent change was occurred due to independent variable.

4.4 Positive reinforcing interaction between family members' attempts actively to overcome life's problems and issues.

Table 4: overcoming family issues through reinforcing interaction

Mo del	3 R	Square	Adjusted R Square	Std. Error of the Estimate
1	.220	.048	.041	3.69058

a. Predictors: (Constant), positive interaction

Coefficients

Model	Un-standardized Coefficients		Standardized Coefficients	T	S ig-
	B	Std. Error	Beta		
(Constant)	11.275	1.036		10. 882	000
1 Positive interaction	.223	.087	.220	2,5 50	012

a. Dependent Variable: life- issues

Table 4 shows that our calculated p value is 0.00 and the level of significance is 0 05 Our calculated value is less than the level of significance. Thus, the null hypothesis is rejected that is there is no impact of positive interaction on overall life issues and the alternative hypothesis is accepted that is there is impact of positive interaction on overall life issues.

4.5 *Positive reinforcing interaction between family members creates healthy environment and lifestyle*

Table 5: Reinforcing interaction creates healthy environment and life style

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.226 ^a	.1	.043	5.00051
a. Predictors: (Constant), positive interaction				

Coefficients¹

Model	Un-standardized Coefficients		Standardized Coefficients	T	Sig.
	B	Std. Error	Beta		
(Constant)	16.87	1.404	.226	12.021	.000
Positive interaction	5.310	.119		2.620	.010

Table 5 shows that our calculated p-value is 000 and the level of significance is 005 Our calculated value is less than the level of significance. Thus, null hypothesis is rejected and alternative is accepted that is there is impact of positive interaction on creating healthy environment.

4.6 Positive reinforcing interaction between family members enhances links with the broader community.

Table 6: Reinforcing interaction enhances links with community

Model	R	R Square	Adjusted R Square	Std. Estimation Error
1	.608"	.370	.365	3.49664

A Predictors: Positive interaction

Model	Coefficients				T	Sign
	Un-standardized Coefficients		standardized Coefficients	Beta		
	B	Std. Error				
(Con slant)	9.798	1.264	.608	7.7 50	000	
Positive interaction	522	.060		8.6 69	000	

Table 6 shows that the calculated p- value is 0.00 and level of significance is 0.05, so the calculated values is less than the level of significance. Thus, we reject null hypothesis and is accept alternate hypothesis that states which there is positive impact of interaction on the community connections. R squared value of is 0.608 that mean that there are 60 percent relationship between independent and dependent variable and R square is 0.370 which means that 38 percent change occurs in the dependent variable due change in independent variable.

5. FINDINGS OF STUDY:

The study "Implication of positive reinforcing interaction between family participants and their health" was conducted in District Khanewal. Total sample of study was 385 respondents who were selected from Women and Boys Government Degree College of District Khanewal. The data was collected through a structured questionnaire. Multi-stage an proportionate

random sampling technique was used in collection of data. The data was process through SPSS Software. The results show that there is a significant relationship between reinforcing interaction between family members not only has positive affect on the health of all family members but also improve environment and lifestyle of family. It also plays a significant role in family development. The null hypothesis was rejected while alternate hypothesis is accepted.

6. CONCLUSIONS:

Positive reinforcing interaction among the members of a family is one of the most crucial elements in predicting the physical fitness and, from early life to adulthood. Although it's far a complex trouble, it is crucial to circle of relatives' health, both mentally and physically. Many human beings have problem opening their hearts and sharing their emotions and issues. However, through interactions family contributors can explicit their emotions and their problems with others components has a high-quality outcome on the fitness of the family. It is demonstrated that unmarried persons are much more likely to be afflicted by cardiovascular issues, strain and despair. Knowing that we're preferred via others is an essential mental aspect to help us neglect the negative elements of our lives, and suppose greater definitely about our environment. Friends and family also can reduce stress in announcing things that fortify self-assurance and giving moral encouragement. Our findings show that social interplay has a substantial influence on the physical and minds of men or women's health. It decreases onset of pressure, melancholy and anxiety and additionally strongly impacts our endocrine-immune system.

7 RECOMMENDATIONS:

In the light of above conclusions, we would like to make following recommendations: -

1. Reinforcing interaction must be increased between members of a family because it will reduce stress, anxiety and other emotional problem generally faced by isolated persons.
2. All family members should attend social gathering and enhance interaction in order to strengthen mutual relations.
3. Reinforcing interaction enhances social, spiritual and economic wellbeing of family members. So it must be increased.
4. Gender differences may be removed so that all family members can act and share feeling without any restrictions.
5. Excessive use of mobile phone, compute, Television and other such devices must be prohibited and social gathering be arranged to enhance healthy development of society.
6. Domestic work may be divided among the members of family so that every family member performs his assigned work without any conflict.

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CONTRIBUTION OF AUTHORS AND CONFLICT OF INTEREST

This research work was conducted in collaboration between two authors.

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Both authors read the manuscript carefully and declared no conflict of interest with any person or institution.
