



Consequences of Family Crises: Implications for Counselling

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ABSTRACT

This paper is designed to create awareness to families under crises and also to let them know that understanding love and forgiveness should be their utmost concern this sensitization is a clarion call to end the menace of family crisis in the society because it portend danger such as killings, criticism and defamation of character. Family crisis is one of the psychological problems bedeviling the society and if not addressed by the counsellors, religious leaders and opinion leaders will discourage the people who intend to venture into family life. The paper recommended some strategies to prevent family crisis such as understanding and wisdom. The paper also x-ray it's adverse effects or consequences on family crisis. The paper proffers some recommendations that will bring unity in the family.

Keywords: Family crisis, preventive measures.

INTRODUCTION

Family crisis is an ulterior motive that motivates people within a family to have misunderstanding among themselves. Family crisis is a group of people who are related to each other by blood with ulterior motive. It is also a unit of blood entity living without peace. Family crisis is one of the contemporarily issues bedeviling the society today. Family crisis is a notable problem in the society that has created a source of concern to many people in the society. Family crisis can occur as a result of disagreement on the sharing of assets such as land property etc. the issue of family crisis had become a problem associated with act of lawlessness of some persons that has cause great effect or devastation such as killings, among brothers, sisters, cousins and injustice. Family crisis has a lot of adverse effects but, it can be addressed through understanding and respect for humanitarian laws and order. Family crisis is a phenomenon that cannot be deleted in the society but can be addressed with wisdom and experience Amadiali (2015)

Concept of family

A family is a group of people who are related to each other by blood or marriage. It is the smallest unit of every community Amadiali (2015). There are rules and regulation controlling the activities of members of a family and each member has his or her right and responsibility in the family, children look up to their parents as example and try to put up behaviours as taught by parents. Usually in a family, the father is the head while the mother assists him. They live together in a house or compound and co-operate when carrying out activities such as cooking, caring for the young ones.

Types of family crisis

Charles (2014) identified the following as types of land dispute, lack of finance, infidel, communication gap, drunkenness, unproductiveness etc.

Land disputes: Peter (2013), indicated that land disputes is the most common family crisis in the society. He stressed that land dispute is unavoidable issue in the family.

Lack of finance: Badey (2016), advocated that lack of finance in the family can cause family crisis and make man and woman to live in crisis.

Infidelity: Chi (2015), opined that infidelity is the primary cause of family crisis. It is a situation where a man or woman place themselves in prostitution or flirt which is against the tenet of family law.

Drunkenness: Pedro (2015), asserted that drunkenness is one of the major problem of family crisis. This is a situation where a man or woman exhibit habit of drinking without minding his/her family.

Unproductive: Angel (2016), advocated that unproductiveness is one of the major challenges facing man and woman in the society that can cause family crisis

Communication gap: Abigail (2015), opined that communication gap among sex can cause family crisis. This type of family crisis can result to divorce among couples because of habitual conflict which emanated from lack of understanding among themselves. Communication gap among sex is very indecorous and can as well create tension, antagonism, suspicion, poor educational background to the offsprings, poor family growth and low self esteem.

Causes of family crisis

The causes of family crisis are associated with the following factors; lack of understanding, laziness, negative thoughts, frustration, poverty and poor planning.

Lack of understanding

This can be defined as understanding attached with ill or erroneous idea or thoughts. Benjamin (2015), stated in his findings that ill-understanding in the family can cause family crisis which portend danger to the marital affairs. He opined that poor understanding can throw a family into regret or coerce.

Laziness

This can be defined as a situation where family exhibit inability in handling the affairs of the family. Laziness can cause family crisis in the society. Laziness can as well be seen as inability to function as a resource person to the family Okoto (2014). He opined that weakness of sex to uphold the fundamental right of human sustainability in the family as a result of laziness will be prone to nervousness and daily challenges such as proper feeding, clothing and other needed familys' requirement.

Negative thought

People of these days believed they can advise themselves and get it right in life without consulting others. It is unfair for an individual to conclude that he or she knows everything. Above all, a family that ignored seeking God face for advise is bound to face family crisis.

Frustration

This can be defined as a feeling of disappointment or defeat at being unable to actualize family dreams or purpose as planned. Jacob (2013), indicated in his findings that a family that fails to plan effectively has planned to fail and it can result to family crisis.

Poverty

Adalu (2013), asserts that poverty is one of the contemporarily issue that has subjected many persons to family crisis thereby leading to divorce and defamation of persons character in the society. Majority of the families today are in crisis because of poverty which is a notable social scourge in the society.

Poor planning

Abina (2016), advocated that family the architect of their fortune and also better tomorrow depends on the families effort. He stated that families should be prudent in planning to avoid consequences of regret in life. He also stated that life full of ups and downs. Poor planning can also be seen as the root cause of frustration within the family. Poor planning among the sex in the family can result to poor feeding, poor performance of children academic pursuit, difficulties, humiliation, disrespect and misfortune. Oporoma (2016), opined that poor planning can result to absolute failure of the family in the areas of employment, societal recognition and educational attainment. It could also pave way to hatred, kidnapping, drug taking

and death. The only avenue to overhaul this family menace is strict adherence to effective planning and total reorganisation of the family calendar.

Functions of the family

The family is found in all existing societies (Nda, 2015). The functions of the family include:

- a. The propagation of the human race through sexual reproduction, which leads to the production of children.
- b. To take care of its members, e.g protection, education and welfare. The young and the elderly ones cannot fend for themselves. They are highly dependent in the family.
- c. The family socializes the members according to the culture of the society.
- d. The family provides economic function to its members, such as provision of food and money.
- e. It moulds the status of its members.

The positions of any person in the society are ascertained through the family

Consequences of family crisis are as follows:

Family problems refer to those social problems that arise in the family. Some of the family problems are:

- a. Divorce
- b. Separation

Divorce: The Oxford Advanced Learners (2000) dictionary defines divorce as the legal ending of a marriage. The couple (the husband and the wife or the man and the woman) involved are called divorcees. At divorces, some couples seek redress in the law court where the presiding Magistrate declares them (the couples) as divorced. The woman withdraws all identities by which she was known with the man. But here the writer wishes to remark that woman wants is no longer compelled to do so. If after divorce, a woman wants to retain her husband's name, she can comfortably do so.

Causes of Divorce in Nigeria

A marriage can be terminated due to the following reasons:

- a. Sexual deprivation by one of the spouses or impotency of any of them (Awori, 2010)
- b. Cruelty, threat to life by one of the spouses.
- c. Childlessness
- d. Adultery
- e. Poverty
- f. Infidelity

Separation: Separation could emerge from parents or children. Most of the time, when a marriage can no longer be peaceful and happy, one of the parents can deliberately move away from the home or sometimes, when the problems are too much, the children can also decide to abandon home for another destination where peace and rest of mind is expected to be.

Separation therefore means abandoning home for another destination (ADAMA, 2011)

Causes of separation

- i. **Children's separation:** Children may decide to separate or abandon home as a result of their parents attitudes. These parents attitude include:
 - ii. **Violence at home** (i.e. when parents have formed the habit of quarrelling before children.
 - iii. **Drunkenness by parents:** when the father or mother or both of them are addicted to drinking and lose the sense of humour and responsibility as parents.
1. **Parents separation:** one of the spouse may decide to separate from the other as a result of:
 - a. **Sexual misconduct:** indiscriminate sexual acts around the community where they live, which can warrant the other spouse to save his/her respect and move away.
 - b. **Infidelity:** when one or the other is incapable of taking care of family or keeping to his/her responsibilities.

The needs of a family

The followings are the needs of the family:-

Protection: This is a means of ensuring adequate coverage from external interference. Family without protection can be ridiculed at any time.

Good vision: A family with good vision can as well grow financially, socially, morally and spiritually. Family with nice vision will be respected and honoured. So, every family should try to avoid crisis and live in unity in order to attract good commendation from far and while.

Education: Education is one of the pre-requisite requirements in the family. Family that is not properly educated will be regarded as an empty family and thereby subjected to public discussion. Education is the hallmark of family development. Education been what it is today, cannot be exaggerated because it is the corner stone of every family growth. A family whose educational input is lacking, will likewise receive social embarrassment among the committee of families in the society Agwo (2010). Education is a propelling tool for every family development and cannot be neglected in the family.

Family crisis preventive measures/implications for counselling

The best preventive measures are as follows:

Effective understanding: This is a severe notable force to be applied among families in order to allow peace reign in the family. Understanding is the only panacea for family succour

Love: This is another tool or instrument that can strengthen the family and bring unity, promotion and growth in the family.

Forgiveness: This is another veritable tool for peace and unity in the family. Forgiveness gives room for growth and upliftment of the family.

Wisdom: It is another avenue of ensuring togetherness, love and continuity of a family. Life without wisdom is like tea without sugar.

God: This is the major hope of a family. Family that ignore themselves of seeking the face of God will automatically fail; because the secret of God family anchored on God Almighty.

Implications for counselling

Implication for counselling could be defined as the use of supportive methods in crisis management in the society (Abel, 2011)

The followings are the basic principles of counselling techniques:

1. **Client-centred therapy:** These techniques anchored on using supportive counselling in improving family relationship. It also helps in maximizing and utilising one's positive personality which aided coping, successfully with one's current situation and planning for the future.

2. **Orientation service:** These methods confront the realities of one's situation to the client. It also helps to mould the direct effort of the sex to imbibe the culture of situation realities of life which is embedded in the marital tenets in the society

CONCLUSION

This paper has addressed what family crisis is and its consequences. Family crisis as a hobby among the people in the society is attached with negative effects or consequences such as killing, divorce, criticism and character assassinations. The paper has exposed family crisis as an ugly event or activity that is against the ethos of humanity and if not addressed properly will engender isolation and criticism for public satisfaction.

Finally, the paper has also x-ray the causes and stringently proffers solutions to it. One among the best way of curbing family crisis is to seek the face of God and love etc. Another step is to ensure counselling strategies like self counselling or working in synergy with professional counsellors for advice.

RECOMMENDATIONS

The following recommendations are made based on the nature of family crisis in the society.

The issue of family crisis should be treated with utmost concern in the society.

Families should seek the face of God in their marriage and allow love to take position in cause of their stay as husband and wife for the sustainability of the family growth.

Professional counsellors should help in sensitizing about how to manage their family through orientation services among the couples on marital challenges.

Family should see forgiveness as the only panacea to live with one another.

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