**Family Systems Theory**

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**What Kind of Theory is Systems Theory?**

- Systems theory is a sociological theory, which talks about how the actions of individuals in a group influence and affect other individuals within the group.

**The History of the Family**

- Systems theory can apply to other types of families through out history

- Every member in a family takes on different roles

- If a family member is unable to fulfill their role, then someone else in the family will have to take on their role in order to keep a balance in the system

**What the Systems Theory Attempts to Explain**

- Systems theory is how groups of individuals interact as a system

- Different set parts that work together over time

- A drawback of systems theory is that it can be hard to determine how others within the family are influencing an individual’s behavior

**Adolescent Behavior**

- An individual’s behavior influences the systems stability

- At the start of adolescence, the individual’s behavior changes the system

- New strategies have to be made so the system can function

- When a small routine of the adolescences changes the rest of the systems routine changes along with it

- It is hard for the system to function properly again

- Other individual’s actions in the system can influence the adolescent’s behavior, which makes it hard for the individual’s to come together as a system

- But over time the system adjusts to the adolescent’s behaviors and they work together again and become stable

**Main Focuses:**

- The family Systems Theory explains how families organize themselves to deal with the daily challenges and tasks of life and how individuals within the family interact, deal with, and adjust to the constantly developing needs of its members.

- Family can be made up of several individuals but it is how individuals interact with each other that truly define the family.

- The three subsystems within the family:

1.) **The family unit subsystem**- members sharing the household.

2.) **The interpersonal subsystem**- the relationship between the individual in the unit such as, husband and wife, parent and child and sibling, (brothers and sisters)

3.) **Personal subsystem**- comprised of interaction between the individual by them self and as a member of the family).

- These systems contribute to the complexity of the family unit.

- Boundaries are created by families to control what is included in the family system and what it to be kept out of the family system. These boundaries sometimes change with the developmental age and the needs of its family members

**Child Abuse:**

- Child Abuse is defined as the physical, emotional, or sexual mistreatment or neglect of children.

- Long history of child abuse in the past because the laws interfered with the right of a family to privacy and to raise and discipline their children without government interference.

- In the past you could discipline children with corporal punishment. Today you would face jail time and fines if accused of this type of punishment.

- Within a family system if a parent were to abuse their child, this would not only affect the child’s behavior and he or she’s relationship towards the abusive parent, it may also affect how he or she functions as an individual within the family. These behaviors can lead to severe dysfunction of the family unit and its subsystems.

**Roles of Women in the Family**

- Women play one of the most important roles within the family

- The modern day woman’s main role within the family can range from raising the children and doing other various homely tasks to being a member of the workforce, on both levels they are the main caregivers of the children and provide the most support within the family in most circumstances.

- Mothers play a huge role in the shaping of their children’s minds. This is important because this creates well-adjusted citizens.

- The main social interactions that women have in the family is between their kids husbands and other extended members. All of these sub groups form together to form a bigger family system which provides basic functions for the family to maintain a certain lifestyle.

- The way a woman is raised within her family shapes how she will interact with people in her future. This is the same for any gender male or female.

**Bolded Terms**

- Subsystem: a smaller component of a large system composed of individuals or dyads, formed by generation, gender, interest, or function

- Household: A term used by Statistics Canada to me groups of people who live together whether r not they are related by birth, adoption, or marriage

- Cohabitation: An intimate relationship in which a male and female live together as husband and wife without legally marrying, also called common-law marriage

- Family systems theory: a sociological theory that explains the interactions among family members

**Legalizing Marijuana**

- Marijuana can harm your school performance

- Make members lazy

- Sides would be chosen

- Cause conflicts in the system