

International Family Day 2022: History, Theme, and Importance of Family

The relevance of observance of international family day 2022 has increased as in the modern world, life has changed dramatically for the majority of us. With the advancement of technology, shifting cultural norms, new priorities, and new kinds of contact powered by the Internet, it's natural to question the value of family. Is it a disappearing institution with no place in today's world? Of course not. But the structure of the family is continuously changing. Family is still, if not more, important. It will certainly be needed in some form or another in the future, regardless of how much life changes. Strong links between family members, like many other healthy social relationships, benefit society and individuals in many ways. Lets us discuss the international family day 2022, its history, theme and the importance of family in modern times:

History of International Family Day

The United Nations General Assembly declared the International Day of Families in 1993. This day symbolizes the importance that the international community places on families. Every year, the United Nations Organization chooses a theme for this occasion. This helps to strengthen family structures in countries all over the world.

The International Day of Families promotes family-related issues. Every family is affected by social, economic, and demographic processes. The purpose of the day is to increase awareness of these factors. This day is also emotional because everyone wants to spend it with their families. Every year on the 15th of May, the world celebrates the day, and 2022 is no exception.

Courtesy: Giphy.com

The theme for International Day of Families 2022



Courtesy: United Nations

Theme: Families and Urbanization

The theme of this year's International Day of Families, "Families and Urbanization," aims to raise awareness of the importance of family-friendly urban policies. Individuals value their families for a variety of reasons. The definition of the family appears to change over time, but it typically includes a group of people who are related to each other and/or live together. Strong bonds with family members, like many healthy social relationships, can have significant societal and individual benefits.

Nuclear versus joint families: Relevance on International family day

A family is like flowers; each member is unique in color and shape, but they all contribute to an amazing fragrance that can help anyone forget their troubles for a moment. Which change is an unavoidable part of one's life, and nothing can be done to stop it, as has happened with the family structure? Family is said to be an important part of our life.

A nuclear family consists of a husband-wife and children; nuclear family members are few.

A joint family is made up of related family members who live under the same roof. It's that kind of extended family. Comparison Joint family provides a stronger bond of action unity and emotional stability.

Importance of Families in Modern Days

Family Helps to Improve Overall Well-Being of Individuals

- Family is important to people because it can improve a person's **physical, emotional, and mental health**, and what it provides cannot be found elsewhere.
- Staying close to your family may be beneficial to your **health**. Isolation can increase a person's chances of declining health in middle and later life.
- Our families provide **personal stress relief** in today's world where everyone is extremely busy.
- A well-functioning family ensures **financial security** for all members of the household. Family members who can work contribute at least some of their earnings to help the family meet everyone's needs and desires.
- **Family helps us to eat a healthy diet** as every member has a different taste. Therefore, the dining table is full of fruits and vegetables.
- We become **mentally strong** as we experience healthy family relationships at a young age.
- **Strong support** system is developed in the family and everyone helps others.

- **Life span increases**, In a long-term study, researchers discovered that adults with no close family relationships other than a spouse were roughly twice as likely to die as adults with close family relationships.
- The basic social unit known as the family is responsible for meeting the **basic needs of family members who are unable to provide** for themselves.
- **A sense of direction**. A person who has a goal and a mission in business or their family will have more strength and joy while performing various daily activities.

[Related Article: International Mother's Day](#)

Importance of Families in Society

- **Benefits Community**: People from healthy families make positive contributions to their communities. Parents are more likely than single people to be involved in their community. Furthermore, they teach their children from a young age that the only way they can influence the type of community they have is to contribute to it. When parents help their community by donating money or supplies, they demonstrate a caring attitude.
- **Economic Contributions**: Families contribute greatly to the benefit of the economy of any country as families with a large number of children are producing a large number of future adults, which will be required to maintain the economic balance as aging populations leave the workforce.
- **Prevents Crime in the society**: Members of the family who have made poor decisions and continue to receive emotional support from family, can maintain a sense of worth and have something to keep them motivated in life.

The Importance of Family in Child Education

- Education is one of the most important ways parents contribute to society.
- Learning is a top priority in a happy family.
- Parents begin teaching their children from the moment they are born.
- Parents teach their children the difference between right and wrong and encourage them to obey the laws of the land.

Guide to Improve Family Relations on Family Day

Things are changing in our family system due to high competition, individual interest, and aspiration to become special. Although Individuality is essential for a happy family, there should be harmony and understanding among family members. The followings are some activities that can help you become even closer to and understand your family members:

Living together is a must. Every member of the family should make an effort to spend time together, even if they all have separate lives outside the home.

Develop Strong Communication. Honest communication between spouses, parents, and children can go a long way toward preventing this. So, speak out, pay attention, and don't be scared to voice your worries to one another.

Distribution of Responsibility. Every member of the family should be treated equally with love and respect. Respect the head of the family, even in odd conditions. The children should be aware of their respective responsibilities.

Help your family at any cost. Always be ready to help you in odd conditions. Remain calm and supportive of your children.

Accept dissent and Resolve conflicts. It is usual for families to have disagreements. They're difficult to avoid, but they can be overcome with the help of others. Parents must play an important part in helping their children express themselves to reach an equitable solution.

Avoid scolding others harshly. A person's ability to deal with adversity depends on how they treat their family members. Even appropriate criticism should be conveyed in a manner that motivates the family member to overcome their unpleasant behavior and share their thoughts.

"United we stand, divided we fall". Household chores that aren't particularly attractive include cooking, ironing, and cleaning up. Participation by the entire family is essential. Learn to live together.

Make your care visible. As humans, we tend to place too much faith in those closest to us. So, we run the risk of becoming tedious to our other half. So, don't be afraid to show your loved ones how much you care whenever you can. These performances don't need to be outstanding.

Always be kind to others. Simple acts of kindness demonstrate your affection for those you care about. When it comes to your own family, don't compare yourself to others. While no family is perfect, the goal should be to provide fulfillment for each member without placing undue pressure on the rest of the family.

Related Article: [5 Reasons Why Mothers Are Valuable: Mother's Day Special](#)

How can we Spend Family Day With our Friends and Family?

In today's fast-paced world, family time has become extremely valuable. So, spend some time with your families and do the following activities:

- Have lunch or dinner together: You will enjoy the food because eating together makes you happy.
- Enjoy the family trip by going on a picnic. Such an opportunity will always pass you by.

- Watch a family film.
- On this day, schools should hold PTMs; everyone will benefit from such a gathering.
- Students should assist their parents with their homework.
- If you are away from your parents, write and call them.
- If you can afford it, send gifts to your loved one.

Important Quotes For Happy Family

1. "I've learned through the years that it's not where you live, it's the people who surround you that make you feel at home." - J.B. McGee
2. "The love of family and the admiration of friends is much more important than wealth and privilege." - Charles Kuralt
3. "Family is not an important thing. It's everything." - Michael J. Fox
4. "Family is the most important thing in the world." - Princess Diana
5. "A happy family is but an earlier heaven." - George Bernard Shaw
6. "A man should never neglect his family for business." - Walt Disney
7. "To us, family means putting your arms around each other and being there." - Barbara Bush
8. "Cherish your human connections--your relationships with friends and family." -Barbara Bush
9. "In every conceivable manner, the family is linked to our past, a bridge to our future." - Alex Haley
10. "The family is one of nature's masterpieces." - George Santayana

Reading Comprehension:

Read the above article and answer the following questions:

1. Write down the appropriate title of the article?
2. What are the main points discussed in the article?
3. When was Mother's day?
4. When do we celebrate international family day?
5. When did we celebrate the first international family day?
6. Who is the main international body responsible for the international day?
7. What is the theme of the International family day 2022?
8. What are the two colors of the international family day?
9. Find a similar word for 'observance' in the article.
10. Write down the difference between nuclear and joint family?
11. Write down the Importance of Families in Modern Days?
12. What is the role of the family in child education?
13. Write down the best quotation?

