The Role of Communication in Strengthening the Family Structure

Neşide Yıldırım

*Assoc. Prof.Sakarya University, Faculty of ArtsandSciences, Department of SocialWork

Abstract: *Communication refers to; emotions, thoughts, knowledge, and news exchanges among people; the reciprocal transmission of the news through the person, in any form and way that might come to mind; and people convey their feelings, thoughts and ideas to each other. For the family to be strong, it needs to be balanced and strengthened relationally. Those who care about communication in terms of strengthening the family, emphasize the quality of communication especially since childhood. Meanwhile, there are those who care about the existence of the third person in the family. The third person is at least quite effective in connecting two existing individuals. In this respect, in the most families, the ideas and solution proposals of the third member whomakes uptriple-formingis influential in directing and strengthening the family. This study, based on resources, discusses the importance of family balance and strength and the quality and characteristics of communication within the family. In the conclusions and suggestions of the article, male and female difference and the importance of the sport activities which left the family weakis pointed out.*

Keywords: Family, Empowerment, Communication, Balance

1. Introduction

Balance the family and achieve healthy communication is an important factor in revealing the existence of a healthy family structure. Family is a social institution and sociocultural association consisting of sub-systems and a system whiose members as human beings, has human relations, interpersonal relations, and a physical environment. Its members can take part in more than one subsystem (for example, manbeing spouse and father; woman being spouse and mother). There are situations in the family that change. Its most prominent feature is the life cycle that the individual encounters as a developing system. Family life cycle theorists speak of phases with certain ups and downs and transitional periods. Ups and downs periods indicate a relative structural stagnation, while transition periods indicate structural instability and major changes.

Communication means that exchange of feelings, thoughts, information, news between people; the transfer of news mutually from person to person in all imaginable forms and ways; and people communicate their feelings, thoughts and ideas to each other.The exchange of emotions, thoughts and knowledge between individuals can also be mentioned as knowledge transfer[1]. The basis of communication in the family is the relationship between husband and wife. A healthy relationship is based on the decision that two people consciously take responsibility. Individuals who engage in such a relationship first see the people in front of them as

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[1]See http://www.turkedebiyati.org/iletisim-nedir.htm, d.a: 23.08.2016.
https://www.google.com.tr/search?q=%C4%B0LET%C4%B0%C5%9E%C4%B0M+NED%C4%B0R&oq=%C4%B0LET%C4%B0%C5%9E%C4%B0M+NED%C4%B0R&aqs=chrome.69i57j69i59.4874j0j8&sourceid=chrome&ie=UTF-8,d.a:23.08.2016.
http://www.on5yirmi5.com/haber/egitim/ortaogretim/138600/iletisim-nedir-etkili-iletisim-kurmanin-yollari.html,d.a: 23.08.2016)

valuable and honorable, accept them as they are and know how to act with awareness of their own boundaries. This is only possible if couples hold themselves responsible for their behavior, thoughts and feelings.

Institutions or systems need to maintain a fixed order; when the order is broken, they seek to achieve the desired balance by means of certain methods. Regarding the maintenance of balance in human relationships, Haley (1963) says that "when an individual points to a change in his/her relationship with another, the other individual will act according to the old situation in their relationship to reduce and change this change". The balance in the family is harmony in the relations.

Most families try to act in a balanced way due to their social structure and relationships. This means that flexible boundaries facilitate the support provided and that the support method increases compliance with vital developments that maintain the desired balance. However, family balance is achieved in a variety of ways. Some psychotherapists (Haley, 1963; Jackson, 1959) found that there was great interest in the discomfort of schizophrenic patients in some families living in poverty, and that family members used pressure to maintain the disease when the patient began to recover. Sometimes, when the patient recovered, another member of the family showed signs of illness. This behavior is a clear indication of the need for a carrier of disease in the family to maintain the established relationship pattern. In other words, the problematic poor family balances its socialbalance with the sick person in itsmembers. Its aim is to ensure that the assistance provided to it is justified.

Those who work on the family care about communication in order to balance the family. They also point to the importance of the third person in the family. The third person, who is active in a tripartite structure, is very effective in connecting at least two existing individuals. In this respect, in most families, the ideas and the solution suggestions proposed by the third member who form the

triangular structure (triangulation) direct the family. Undoubtedly, the elders of the family who are in the traditional family structure and who live with or have close contact with young married people for a certain period have an effect on the familyas a third party or persons. The third person in the family may also be referred to as a way of describing triple commitment. However, we can also mention families where two or more children are third family members. In families, more than one child can create a strong relationship and a strong bond between parents. This relationship may turn into a source of negativity in some families. E.g; the mother, who transfers her complaint to her son or daughter that the father is not interested in the situations at home, can come together with her children and form a trilateral coalition against the father. Thus, the situation of the trio (mother, son / daughter) against a fourth (father) arises. Haley (1963) speaks of a contradiction to family triangle models.

This triangle is pathological in general and thus, it may cause a struggle against the system and possible destruction of the system. In describing this opposite triangle, he suggests that one member is of different generations. The two people of these different generations form a unity of power within the family, from one member to another (for example, the power of the mother and son against the father). If the cooperation continues, this type of relationship becomes stereotyped and the pathological situation arises. The concept of triangulation in family relationships gives an opportunity to those working on the social problems of the family to observe the relationship in the family[2].

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[2]Family Counseling Centers in Turkey began to increase. In the previous years, especially young parents who came from rural areas and settled in cities and did not know about family and child rearing had madeserious mistakes. For example, Mr and Mrs B, who are in their fifties, continue their duties as successful academics today and they married when they were 24 years old. They have had children since the second year of their marriage. Bythe time they got married, they were both undergraduate. Inorder to take their success further, both of them continued their graduate studies at different times. The couple today have three adult children. They had a very stressful time in raising their children and therefore neglected their children from time to time. In addition to his academic work, Mr. B has also held managerial positions in different social and economic institutions and has spentless time on his family. Meanwhile, theirrelationship at home has always been controversial, and their spouse and children have begun to show less and less attention. While their children were growing up, they showed behavioral disturbances in schooland at home, especially their son tryingtoattractattention at school, which, according to teachers, is a sign of insecurity. His behavior at home confuses his parents; because he tries to attract attention at home, and when he shows interest, he gets bored and runs away. Mrs B feelsthat her husband is neglecting her. Both he and his wife want more time fromMr. B, but this provokes nerve disturbance and tension. Both have argued many times in front of their children in an unnecessary, rude and annoy in gmanner. They negatively affected their children with these discussions. These tensions experienced by Mr. and Mrs B all the time to spend their jobs, to share their loneliness with their professions. The husband and wife are becoming less and less understanding of each other and moving away from each other. As a result, unity has formed between the mother and her children. Although Ms. B was not a good solution, she tried to heal the conflict between her husband and her children. However, children are fond of his father. For example, when the

In summary, the triple structure or triangulation in the family is effective to prevent tension between members, reduce or eliminate problems. It is positive as long as the family can make the situation more robust, create a more effective way and create alternatives to improve relationships within the family. But there may be negatives.

Family Communication and Types

The quality of communication in the family is based on the cause and effect relationship between marriage satisfactions. Marriage satisfaction affects communication and communication affects marriage satisfaction. Women in generalstated that; their husbands understand themselves less, they support theirhusbands more, share their knowledge and experience, communicate withthem; but their husbands were less willing to communicate with each other, they had less respect for their wives, they had more boring habits and they applied more physical violence. This situation revealed that women feel more loneliness and complain more psychological problems (Yıldırım, 2006). If the family decides that the best way to ensure the validity of the function is to turn to their own internal methods and to strengthen the interaction between their members, freedom of communication over family boundaries will increase. This means more communication within the family and greater commitment to each other. If the family is successful in establishing such behavior, communication between family members will reflect similarity and the family function will probably be regulated.

Some authors such as Satir (1967: 2016) and Watzlawick (1967) argue that all interaction behaviors in the family have communication value. When family members come together, the field of communication is also formed. The widely used and understood type of communication is the replacement of body language with verbal communication. As the saying goes, "if the word is silver, silent is gold", messages, inside and outside the family, can be expressed in language and behavior, as well as in silence and inactivity. Thus, communication can be provided by keeping silent too. For example, the silence of an individual who avoids talking about something that is inappropriate to say, can give the message he/she wants to convey by remaining silent. If a message that can be interpreted as a request is transmitted silently so as not to disclose it to a recipient who will again refuse to remain silent, the communication event is complete. The message was sent, received and commented. The recipient responded quietly with a conscious decision.

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father tries to approach his son, his son withdraws in order not to hurt his parents, and this situation in the family is reflected in the relationships in the schoolsystem. Theprocess of triplestructure in the family may not be only with children and their positive and negative reactions. The mother or father can have quality time with their children, or social work if they do not have children. Trilateral structure or triangulation is not always a sign of uncontrolled family. For example, the father or mother can take away the tension in the house by participating in outside activities. In the tripartite structure of the family - in the family triangle - it will not be a problem for the third person to enter the relationship, unless the third person, excepttheparents, is replaced by other partners of the relationship. The best way is to transfer the energy that will create tension to the daily activities by the mother and father.

In human environments, no other person can stay away from communication. As expressed by Bateston (1958), Jackson (1959), Watzlawick and Beavin (1977), the relationship and content of messages provide important information in understanding human communication. Because each communication carries information at certain points. The positions and behaviors of the people who communicate are directly related to these relations / quality of communication. Jackson (1959) described two types of relationships. The first is "communication for complementary relationship"and the second is "communication for symmetrical = parallel relationship". Communication in complementary relationships involves two people of unequal status. On the other hand, symmetrical = parallel relations are aimed at bringing together two individuals of equal status (such as two brothers, two people sharing the same profession). The behavior of each participant indicates the position of that participant in the relationship. Communication for a complementary relationship occurs when one of the two people of unequal status initiates the action and gives superiority to the other (for example, in the male-dominated societies, usually in the family, the communication is provided by the male. In some families who want to dominate each other, the communication between men and women can be of this nature.Mother-son, father-son or daughter relationshipis also like this). Here it seems that the initiator of communication is in a superior position, asking the other individual to follow it. Thus,the two individuals complement each other by communicating. The symmetrical relationship is the relationship between two equal people (for example, the relationship between siblings). Every human endeavor to initiate action, criticize the other human, put forward ideas. The most significant symmetric relationship is the relationship between the adult child and the younger sibling.

1.1. Communication-Interaction Approach in Family

The communication widely seen in Turkey is "the need communication." The factors that determine this communication are daily needs. Communication tools are word and sentence formats appropriate for these needs. While what is the menu at dinner, children's school situation, short notes of daily events, telephone, water-electricity bills or unexpected eventsare transmitted in short conversations; most of the time spent together is watching television, interpreting a television program, brief evaluations of agenda items, and in-house communication messages. The deeper family problems, with their frustrations, are quietly passed away without finding a place in daily communication.

The authors who care about the communication-interaction approach in the family (Gregory Bateston, 1901-1980; Jay Haley 1923-2007; Virginia Satir 1916-1988) examined the quality of communication in family balance and the effect of this quality on personality. Satir is one of the pioneers who realized the importance of communicationwithin the family in the formation of personality. She has studied the differences between healthy functional family and dysfunctional family. In particular, sheemphasized communication roles that people tend to adopt to compensate for the lack of healthy relationships between family members. In this approach to family treatment, it is accepted that all behaviors have a communication value and convey many messages at different levels. The family is seen as a life system which includes the processes of sending and receiving messages and providing support, and continuing its relationship with the environment through communication and their relations are considered as products of communication. Communication between family members establishes rules governing each other and the ways of dealing with the outside world. When these rules are structured, the family searches for continuity. In other words, family appears to be a complex, prescriptive, executive and interaction-based system with communication examples (Satir, 2016).

Satir (2016) associates all verbal and nonverbal behaviors within the family structure with examples of communication; sedative, accusatory, calculator and uninterested. Watzlawick, Beavin and Jackson (1967), who argued that all behaviors consisted of communication, were also included in the same studies.The fact that all behaviors consist of communication also expresses the complexity of the communication process. Messages can be expressed in gestures, costumes/appearances, voice tone, body posture and similar qualities. Satir (1967, 2016) states that in order to understand the problems and structural disorders in the family, it is necessary to understand the communication features / patterns that conduct family relations. The technique or the form of communication with people who are in or out of the family gives important clues in the perception of the family and their relationships or structure. The communication of family members with each other reveals their views and thoughts about themselves and others. This also provides a way for family members to express themselves to each other and to other people outside the family.

1.2. Two-Way/Bidirectional Communication in Family

Bateston, Jackson, Haley, and Weakland (1956) observed the presence of contradictory behaviors in the family arising from bilateral relationships / communication when observing schizophrenic patients. The relocation of communication in these families is characterized by the sending of inappropriate messages, usually within the limits of the complementary relationship between mother and son. The reason that the bidirectionalmessage is different is that the receiver can or may notcomply with any request at the same time. Repeated use of such a form of communication within the family leads to conflicting behavior. In order to further explain the dual communication, consider an adolescent boy who wants to spend the night with a friend. When talking with his mother about this, after some discussion, the mother says his son; "Ok, go and stay with your friend, don't worry about me being alone in this big house". This message means that the son goes to, but at the same time it actually means "not go" becauseshe is afraid of being alone at home. So this statement is a two-way message. When necessary conditions exist, messages that do not actually resemble each other in certain relationships can become a dual communication link. Considering the above example; in the mother-child relationship, the child was asked to fulfill some of the needs which will be provided by his father. Because

the mother has a more comfortable effect on his son than on his fatherthrough communication. This puts the child in the position of someone who cannot successfully oppose or abstain from the orders of the mother. As a result, children in the family are often exposed to the effect of two-way communication commitment as in the example above.

Two-way communication is not only specific to diseased / problematic families. It may also be observed more or less in healthy families, and most of these may not require professional intervention. Two-way communication in the family is not a direct sign of behavior disorder. The message sent to establish and maintain pathological communication in response to contradictory behaviors arising from bidirectional messages forms a two-way bond (Watzlawick et al. 1967).

1.3. Contradictory Communication in the Family

Contrary communication is an important part of the types of communication observed in human relations. Satir (1967) interprets contradictory communication as two messages sent at the same time. The person that transmits the message to its recipient, transfers it the way just as how he/she wants the message to go, just as how he/she wishes the recipient to react. Contrary communication also reveals the nature of the relationship between the two people, pointing the direction of the sender's approach to him/herself and the message and sender's way of detecting the recipient. Factors such as tone of voice, facial expression, and body posture better express the content of the message and what the person giving the message means. This increases the complexityof the method of communication and forces the recipient to direct contradictory communication to evaluate both its meaning and the content of the message.

The low level of family communication weakens the relationships between the households and leads to alienation of individuals from their families and causes effective communication to shift between groups outside the family. The father choosing to communicate effectively with the group of friends in the workplace,and the motherwith groups between the women, and the childrenwith groups of their friends, take the sharing of their feelings and thoughts out of the house. Along with weakened communication at home, relationships and communications outside the home increase alienation between family members. Father, coming home from work, having the phone or the remote in his hand, either calls his friend, or chases the news or match channel on television after his needs of the householdare met.Afterfinishing the housework,the mother, İf remote control goes into her hands,sits to watch TV series and looks for the air that she cannot live in and cannot find in her own house. The child /children either play games on their mobile phones or share thetopics with their friends what they cannot talk at home via the internet. If the father, mother and children can have effective conversation outside the home as we are trying to explain here, they can chat and share their problems, the issue will come to some degree. If they don't have such sharing, that means the environment is ready for bad habits such as the woman gets depressed, and child'sbad habits such as smoking, alcohol and so on. Non-communication is the failure to establish communication,

which is also defined as the exchange of messages between two living things.Lack of communication means the suppression of emotions and the inability to solve problems, thatsuch a family environment is psychologically unhealthy. Sometimes the lack of communication within the family, the dissatisfaction that occurs, can be reflected in the behavior of all individuals and may lead to domestic groupings. There may be tendencies to confront against parents through a coalition between mother and son, father and daughter or between children. The elimination of such negativities is generally possible by fulfilling mutual social responsibilities within the family.

Contradictory communications in the family can be interpreted differently according to the location, condition and shape. For example, imagine a mutual communication that the woman says to her husband, "the kids are really keeping you busy". The main content of this message is that children want a lot from their fathers and the father spends a lot of time answering these requests. However, this seemingly simple situation carries a number of messages at the level of contradictory communication. First, the general situation in which the message is sent will help the recipient (destination) identify it. If such communication has taken place in a pleasant conversation after dinner in a relaxed tone and in a situation where the father's responsibilities are recognized, the meaning of the message changes as "I care about you; I appreciate your behavior as a father and wife". The attitude of the sender of the message to the recipient and to him/herself is of good goodwill. On the other hand, if the same sentence is said when the mother impatiently wants her husband to prepare for taking them to a place, it may mean "I want you to prepare in time". In such a case, the sender's messagemeans; "I'm not sincere, you're not approaching me sincerely and this message bears a warning that you should pay attention to".

Contrary communication can also be done non-verbally. This can happen when the sender verbally announces that the message has gone. This can occur at various levels. The combination of verbal and nonverbal contradictions creates a complex situation for the recipient to decide what the message means. Making this decision often requires the need to pay more attention to the content of the message and nonverbal communication than verbal communication. Because verbal communication is more understandable and clear. Satir (1967) observed in her views on communication that "whenever a person communicates, he/she asks the receipentsomething and try to interact with the receipent to explain what he/she wants".

2. Non-Communication in the Family

The problem with communication arises from the idea that "non-communication" is possible in the family. Communication problem or lack of communication leads to problem solving. Through oral communication, the individual may not be able to express exactly what he/she wants to tell; in this respect, it is more accurate to use body language and to use verbal expressions with body language. The tone of voice conveys the effect and accuracy of the spoken word to the other person better and the recipient can better understand the ideas put forward. During oral

communication, sometimes people can be interrupted while others are talking, or they can talk at the same time. In such a case, the quality ofcommunication is impaired, it becomes difficult for people to understand each other and may not understand each other,and they may notbe able to respond wellbecause of not understanding each other. Therefore, some members' opinions cannot be discussed in order to be decided. As a result, the opinions of those who cannot be taken into consideration until the basic issues causing the problems will not be considered equally and the problems will not be taken into consideration unless plans and disputes are resolved. If this is the case, family relations will deteriorate, some members will lose their dignity, misunderstandings will arise, and these members may be left alone in the family.

As a result of lack of communication, social distances between family members may increase, and signs of brute force may emerge, such as anger, anger and efforts to gain strength, or physical challenge. Perhaps a small problem can become insurmountable due to lack of communication. Thus, it is necessary to take new steps to ensure communication. The family can do it on its own, and if it does not, professional professionals can be asked to mediate the solution of the problem through therapy.

Satir (1967, 2016), who states the importance of communication in the family and how much it affects the family relationship, has tried to explain the communication by sharing roles among family members. According to her, communication is the most important factor that determines what kind of relations with other people and what happens in life after the human comes to the world. How to live our lives, how to get closer to people, how productive we will be, how to perceive what is happening around us, how to connect with our own soulall depend largely on communication skills. In non-functional families, interactions between low self-confident family members are based on survival. Satir (2016) says that when family members have trouble expressing their feelings and love, they use "personality roles" rather than their true identities. She described four roles (sedative, accusatory, calculating, unrelated) that family members frequently adopt, especially during stressful periods.

3. Strengthening the Family Structure

It is possible to observe the family during the communication process. Elements such as who speaks to whom, who listens to whom, whose ideas are adopted, who is silenced or neglected, who rarely speaks or never speaks have roles in the family, power classification, control, love bond in relationships, and distance. Because communication forms the familystructure and thefamily structure shapes the types of communication in its own way. In problem families, these processes are troublesome and may require professional assistance. In assisting this process, the factors that require the therapist's attention are the balanced / stability of family factors and the variability of their behavior. The family hierarchy is the regulation of the distance between family subsystems and relationships. It should be noted that variability, hierarchy and subsystems and rules will be used to strengthen the family.

Some elements come into prominence in strengthening the family structure. These are; the importance of variability, the importance of hierarchy and subsystems and the importance of rules.

3.1. Importance of Variability

One of the important points in the family structure is that there is no element that prevents changes and innovations. In order for the family as a whole to function properly, the limits of the family system and the roles of individuals must be maintained. These limits should be clearly defined depending on the demands and needs of the members. It is a fundamental need in the treatment process of the problems to reach clarity about the limits of the family, the roles of the individuals in the family and the rules in the family and at the same time to provide the change that the family needs. While fulfilling the demands for change, the family must maintain its own rules, discipline and principles. Change does not mean the maintenance of a random family life away from the rules. On the contrary, it means that its members have rules that do not cause complexity, in which they fulfill their responsibilities. In other words, they should not be vulnerable to uncontrolled domestic and family subsystems by their roles, unregulated behaviors, and the obligation to act with rules should be maintained.

3.2. Hierarchy and Importance of Subsystems

For proper family function, family subsystems and hierarchy, it is necessary to set rules under the leadership of the parents and to set limits on children's behavior. For example, a mother who allows the older child to intervene in his/her younger brother continuously gives the older child the role of discipline in the family. In this case, the mother has lost the authority to control the behavior of children. İt is necessary to intervene here. The aim of the intervention should be to provide the mother with the right position to control the existing disorders in the family in a hierarchical order. For example, inproblematic families applying to Family Counseling Centers, the social worker or therapist who realizes this should find new solutions to help shape the mother's attitude towards her two children and give control to the mother. The mother should tell her older child that she will correct his/her brother's wrongdoing. When the older child sees the wrong behavior of his/her brother, it should be ensured that he/she tells his mother about the mistake he/she observed instead of intervening directly and that the mother can correct this mistake. If there is still no change, then there will be different authority relationships between mother and children.

The support of the father should not be ignored, because his support is also very important. Consider, for example, a situation where parents are constantly fighting. Let's assume that when the father comes home, he makes very unpleasant remarks to the mother. This is one of the main causes of behavior disorder and stress in children. Parents should pay attention to this because such behavior is a barrier to the communication of family members. If the parents take care, the children may be away from this conflict or even unaware. This chain of events is shaped by the behavior and approach of the family and can only change when the basic

structure of the family changes. In such problematic situations, the attention of the social worker or family therapist should focus on restructuring and strengthening the relationship between parents. They should encourage parents to spend time alone in an environment without children, or direct them to make a plan how they can regulate thechildrens behavior. The purpose of the examples is to protect the boundaries around the parental subsystem and to prevent inappropriate interventions. Children should also be free from unnecessary interventions. Disputes must be settled by on-site intervention of parents and thus they should have the opportunity to learn how to cope with negativity. Improper interventions by parents to subsystem boundaries push their children to demolish boundaries to protect them from their parents' attitudes. They appear to be allowed to enter the parents' private space, interrupt their conversation, and go into the bedrooms at any time to sleep with them. The boundaries around family rules should be maintained on a regular basis andchildren should be accustomed to regular living.

3.3. Importance of Rules

The family is governed by its own rules. The emergence of these rules can be observed in various ways, depending on the family members. Nichols (1984) states that family rules focus on promoting the commitment offamily members.For example, the adult girl plans to shop with her friends for a picnic, while her father can ask her to help her on her way to shopping, so that she can intentionally or unintentionally interfere with her plan and ask her to cancel her plan. In such cases, unspoken family rules prevail. As a summary, these are:

Adjusting the Distance: While the family maintaining its function in various ways, it is important to maintain a balance of non-communication and distance between members. Borders cover both subsystems and family members within these systems and the members serve to regulate the distance between subsystems. If the distance and limits are not set regularly, serious problems may occur. This results in distance and proximity between family members.
When problems arise with family members in adjusting the distance, the therapists, who are interested in the subject, need to explore theparents's aims and ways of gaining authority over children.Do parents want their children to behave like adults or do they want them to be childlike? Do they let their children go to what they want? Do they prepare an environment for them to behave like individuals? Understanding the functions of developing a free-standing environment for members will make it easier to accept change strategies.

The factor affecting the distance in family relationships is the appropriateness of roles between members. In the process of living together, each individual should develop behaviors and images that other members will like. Apart from the behavior and image that members adopt against each other, each individual has a certain behavior and image within the family. For example, some adult children may design the family in which they live and grow, such as a perfect environment or a restricted, confined prison. Rather than looking at how similar they are among family members, it is important to note which differences and similarities are mutually acceptable. Consider a husband who does not allow his wife to assume any responsibility in the family; the woman can perceive this behavior as being valued and sees her husband's control over herself as a force. The husband perceives her passive satisfaction as a support for his help to the family. Here, the differences are mutually accepted and the mutual harmony between the images they direct to each other (Janzen et al. 1986).

Adherence to Limits: Minuchin (1974) advocates the necessity of subsystemboundaries for the regular functioning of family functions. It meansthat the boundaries around the subsystem should be defined by allowing system members to perform the necessary functions without the intervention of others. Maintaining the limit explicitly does not require flexibility, but can be tolerated for system members to contact each other. Protecting the border clearly does not require flexibilitybut it is tolerable to contact system memberswith each other. If cross-border crossing is not permitted,focusing on relationships within the subsystem is essentialand these restrictions are mandatory.Let us consider the example of mother-daughter approaching each other with emotional support and understanding as time passes and leaves the father out. The boundaries between mother and daughter may advance to avoid individual roles. As this situation persists, the mother and daughter become independent of each other and become unable to communicate within the boundaries surrounding them.

Limitations cover the family system as a whole. Minuchin (1974) states that some families focus on activities among their family members and form "their small universes". This leads to increased communication within the family and reduced contact with individuals outside the family circle. As a result, the members are brought closer to each other and the limits are ambiguous. The main shortcoming of restricted subsystems or families is that as members of the system share a sense of belonging, members are losing their ability to act alone. This loss of autonomy within the system will not spread, change and offer solutions to problems outside the natural course of activities within borders. Restricted families find it difficult to adapt to changes under stressful conditions. Efforts to change boundaries may vary depending on the strength of the proximity maintained and other circumstances surrounding the problem. However, the goal of change efforts is to strengthen individual subsystem boundaries as necessary and to restore the independence of individuals.

Independence from Borders: Apart from restricted families, free-living families become independent from their spouse's intervention after being subjected to improper and strict restrictions. These strict boundaries make communication difficult between subsystems by eliminating the development of intimacy and belonging, and individuals are isolated by independent systems. Nevertheless, these families can develop strong feelings of autonomy that support independent functions. The desire for independence in family members restricts their protective functions, and the sense of loyalty and sharing capacity with other members gradually diminishes. Thus, the emotional distance

between family members gradually increases; except where stress is intense and continuous, problem sharing among members is also prevented. It is difficult for one member to transfer his / her problem to another because of the emotional distance. In other words, independent families are individual-oriented families in which members tend only to their own problems. When therapists or social workers are confronted with such families, they have to transform the boundaries that provide inter-system communication, intimate and emotional relationships between their members to new boundaries.

Separation-Individualization: The emotional distance between the family members is in a certain order. While each family is responsible for regulating the distance between its members, one should not ignore the fact that parents, who are the founders of the families, carry what they see from their own family to the newly established home. Their experiences (positive or negative) have an impact on their new families. If children were treated as "children" and allowed to live their "childhood" in their family environments when they were growing up,when they become parents, they can pave the way for changes that will provide a positive environment for the development of their own children. On the other hand, if the individuality efforts of the parents in their families have not been supported, they will not be likely to support their own children's quest for individuality. This is a serious problem. The process of separation-individualization emerges gradually over time. When the baby is born, it is physically depended to the mother, but as soon as he/she starts to crawl, he/shemoves away from the mother and shows signs of his/her desire to explore new places and regions. At this stage, the distance is not too much, because the child returns to the mother each time. Perhaps this will reveal the first attempt at how the distance between family members should be regulated. For example, the mother, who has to observe and guide each movement of the child as he/she crawls, may have difficulty expanding his/her freedom when the child begins to walk and move to more remote areas. This situation may adversely affect the first relationships between mother and child which will be effective in the healthy progression of childhood and adulthood stages.Therefore, even in the early stages of childhood, the child should be allowed to leave and try to explore the world in which he/she lives; parents should be willing to do this. The regulation of emotional closeness and distance between family members becomes even morepronounced in cases of conflict with the environment at the end of adolescence and at the beginning of adulthood (15-20 years). In line with the control of the authorities in the development, the question "how many families have arranged their lives so that we can" should be answered. This question is particularly important for parents who have to impose their wishes on their children. Parents should review their own positions and create an environment suitable for their children; they should separate their children from their parents and lead them to individuality.

4. Conclusion and Suggestions

The family is a social institution which has become a common consciousness of humanity and which is integrated with universal values. It is based on cultural values with universal values. It should be strengthened, developed and enriched by new social policies and scientific disciplines and protected from the negative effects of the new conditions. According to the conditions of the day, it is a clear need to provide positive directions that are compatible with the values. Family takes control of society,gives self-confidence, and gives it form and order by surpassing the persons.İt becomes the responsibility and legal consciousness as a social institutionrather than a product of blood relationship oronly the product of individual and biological association. Family has a significant effect on people's dreams, hopes and expectations about the future, positive or negative view of the World.Family is a placewhere love and respect, sense of trust, socialization, protection of national culture and social heritage, biological, psychological and economic satisfaction, solidarity and solidarity, the body and mentally healthy generations are raised. The behaviors gained in this place are effective in determining what and how the lifelong line should follow. For example, even the disturbance and regularity of people's speech has an effect on the family environment in which they grow.

Communication technology and thus the acceleration gained by mass media; introduced social change, new needs and new behavioral patterns. It is observed that these technological developments, where rapid developments, as well as their benefits in the financial field, are brought to light, cause hesitations and disintegrations on the concept of family. Protection of the family is inevitable from such developments. Family values that provide freedom, self-esteem and the mode of communication that require problem solving are the two things that are needed. Family's standing against changing conditions and lack of communication depends oneffective and quality family members. Control and guidance provided by the adults of the family requires all members to be respectful of age and gender characteristics to the extent that they exceed the generation limits. Traditionally, family is the first shelter where individuals receive nutrition, support and love. It is expected that there will be peace, happiness and prosperity in this shelter, otherwise difficulties, tensions and problems that are carried forward are inevitable. The ability of the family to meet the needs of its members is also relevant to other systems around it. Units such as workplace, society, educational institutions and social environment are effective in ensuring its welfare. Every child born first builds healthy relationships with his family, provides self-esteem and self-confidence, and then becomes a respected member of society.

In line with the change efforts brought by the age, new perspectives including family members should be established. Families should be constantly educated about communication and the quality of communication, and awareness should be raised about child rearing. Intervention processes, which are noticed very late in the World,has also started to gain in importance in Turkey. The opinions, ideas and practices stating that the family should be examined as a new approach in eliminating both the private problems of individuals and domestic problems have started to be accepted and applied in some developed countries since the 1950s. With city life becoming active, therapy methods that

are applied to the solution to the growing family problems in Turkey should be expanded gradually. For this, legal and social grounds should be prepared and existing ones should be strengthened.

It is inevitable to avoid the roles and behaviors that adversely affect communication, social activity, work life, marriage and motherhood, and which lead to the loss of self-esteem and gender including Turkey. Apart from biological differences as a human being, there can be no socially different sides of men and women. First of all, while growing up in the family, all social understandings that carry differences and discrimination should be freedfrom negative communication patterns; and women should also be involved in all social activities such as men. Women should be opposed to all kinds of differences and discriminationregardless of where they originate from rights and social activities. In order to achieve this, women who have been deprived of many activities, especially educational institutions, should be free from forms of gender, social activities, losers, socially excluded, imprisoned at home andtheir self-esteem growth should be prevented. Empowering women in society means directing them to fields such as education, art, sports and many activities that provide self-confidence. It should be tried to be crushed, humiliated, discriminated, cleansed from humiliating actions and thoughts from childhood and furthermore, it is necessary to try to get away from the insights that leave back from work and actions.

Communication in the family; should be exceededthe daily needs (such as whether you went to school, did your homework, ate your food, studied lesson) and should beplay priority in accordance with the child's nature (such as doing sports, playing ball, having fun time). Communications should be based on love, respect and trust as a template; it must be free from prejudice and violence, free from all kinds of fears and orders. Care should be taken to start children's education and all kinds of social activities, especially in many branches of arts and sports at an early age (from six months of development). There will be duties for families as well as public or governmental duties in terms of incentives, guidance and necessity. Dissemination of all kinds of sporting activities, especially swimming pools, free of charge or with very little fee, easy to reach;each kindergarten and elementary school student must have at least one hour of swimming lessons per week which is compulsory and easily available from the first years and When he finished primary school he learned to swim completely, becomes an important stage for safe growth away from fear culture. Thus, the people of our country surrounded by seas on three sides swim fearlessly and continue their lives. The same thing can be recommended for skiing. In addition, it is important for our children to recognize the occupations in the compulsory education age and to have internship qualified courses or activities there for a certain period. Here too, it is inevitable for the Public to assume duties.

For socialization and prosperous society, quality of communication is required, for the quality of communication, children raised in the family from the age of zero must reach this quality communication. For this reason, family members should be free from all kinds of prejudice, discrimination and differences; has been introduced to many fields of art and sports since the first years of education and did it themself;recognize some professions around themself; andbe aware of being a parent and raising children is one of the greatest pleasures.For this purpose, families should be subjected to continuous education, awareness should be raised through the media, and problematic families should be given the opportunity to receive professional support.

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