

Appendix 9-AList of Problems/Crisis in day to day life and CrisisManagement

1. Death of spouse/breadwinner		B <sup>e</sup> reavement
2. Death of Core family member		
3. Death of close friend		Marital Problem
4. Divorce,seperation, desertion		
5. Marital conflict		
1. Marriage(entry of new member)		Entry of new member
2. Pregnancy & child birth		
3. Arrival of grand parent or any relative		
1. Illness in family		Illness & health problem
2. Accident-causing handicapped		
3. Change in health status of the family member		
1. Unemployment-dismissal etc		Occupational problems
2. Fired at work		
3. Change in work hours/ conditions		
4. Change in responsibilities		
5. Business readjustment		
6. Trouble with boss/collea- gues etc.		
1. Minor violation of law		Anti-social behaviour Unlawful/criminal enquiry etc.
2. Imprisonment		
3. Court proceedings and inquiry		

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|--|--|---------------------------------|
| 1. Retirement  |  | Developmental<br>Crisis         |
| 2. Adolescent's problems                                       |  |                                 |
| 3. Son leaving home  |  |                                 |
| 4. Old-age problems  |  |                                 |
| 5. <i>Any other</i>  |  |                                 |
| 1. Change in financial state                                   |  | Economic<br>problems            |
| 2. Debt or loss  |  |                                 |
| 3. Mortgage or loan  |  |                                 |
| 1. Change in living conditions                                 |  | Change from<br>original         |
| 2. Change in residence   |  |                                 |
| 3. Change in school  |  |                                 |
| 4. Change in social/religious activities                       |  |                                 |
| 5. Change in family practices                                  |  |                                 |
| 6. Change from busy period to vacation                         |  |                                 |
| 1. Change in eating and sleeping habits                        |  | Change in<br>personal<br>habits |
| 2. Outstanding personal achievement                            |  |                                 |
| 3. Gains of a new family member                                |  |                                 |
| 1. Flood, fire, famine   |  | Natural<br>Calamities           |
| 2. Earthquake, cyclone   |  |                                 |
| 3. Riots   |  |                                 |
| 1. Are these conflicts resolved? Yes / No                      |  |                                 |
| 2. Reasons which facilitated resolution of the crisis factor : |  |                                 |
| 2.1 Cohesion - unity in the family                             |  |                                 |
| 2.2 Personal strengths of family members                       |  |                                 |
| 2.3 Support of relatives, friends etc                          |  |                                 |
| 2.4 External resources were easily available                   |  |                                 |
| 2.5 Any other  |  |                                 |

3. What are the consequences of the crisis situations ?

- 3.1 Problem in family functioning
- 3.2 Intensefication of conflict
- 3.3 Trends towards disintegration
- 3.4 Damage on the relationship
- 3.5 Damage on the health of individual
- 3.6 Change in status
- 3.7 Any other

4. What is the present state of the family ?

- 4.1 Family has restored its original state
- 4.2 Residual effects are there
- 4.3 Family is still in its worst conditions

Appendix 9-BScope of using coping strategies - Check list

Yes / No

1. We share our family difficulties with relatives and find out solutions
2. We know that we have the power to solve our family problems
3. We seek information and advice from persons in other families who have faced the same or similar problems
4. We seek assistance from voluntary agencies as well as government agencies eg: banks, public trust, community health centres etc.
5. We keep our mind busy in other things in order to forget family problems
6. When the problems get intensified we go to temple and concentrate in praying God
7. We perceive problems to be <sup>a</sup> part of life and get determined to face them
8. We leave these problems to destiny, past deeds or bad stars and become passive
9. We are mentally prepared to face unexpected family problems
10. We find out solutions by seeking guidance from law and social welfare agencies
11. We believe that with the passage of time, the problems will go away.