What is Family Psychology?

Family psychology has no specific definition and is a combination of definitions from psychology and family. Psychology itself is concerned with interacting or having relationships with other people socially by paying attention to their patterns of thought and behavior. So psychology itself will always be involved in every human interaction be it in the social environment, family, and yourself.

Family in Psychological Perspective

Family psychology is an understanding of social interactions or patterns in the family. The family itself consists of several individuals who can belong to two generations, three generations, or even more. The number of individuals in this family will affect the quality of interaction between individuals and have an impact on the psychological side of individuals and groups.

Generational differences in a family may also trigger a situation that is sometimes good and bad. This is what gives rise to family psychology and states that psychology in the family also needs to be studied and known so that negative thoughts or behavior do not occur in a family related to each individual.

Understanding Family Psychology

Psychology has a scientific meaning that studies the soul. A family is a group of people who are related by blood to one another. According to Hill, a family is defined as a household by blood or marriage and as a place where the expressive function of the family is carried out for the individual in it. According to Burgess and Locke, a family is a group of individuals who are bound by marriage or blood who have a legal structure, mother, daughter, son, and others, and have a culture to defend.

From the two definition statements above, family psychology can be interpreted as a science that studies psychology in the interaction of individual individuals in a network of blood ties or marriage. Family psychology can also be interpreted as the study of psychology in the family.
The family psychology perspective is a view of how family psychology is applied or the influence it has on families and individuals in it. Some followings are interesting about family psychology:

**#1. Family psychology is a science that combines psychology with the science of family.**

This scholarship is united by different definitions. Psychology sees a person in terms of psychology and behavior and family is an object that can be influenced psychologically.

**#2. Family psychology is known as a form of a psychological intervention targeting families, in the form of family therapy.**

One of the family therapy is family togetherness as encouragement therapy, recreational therapy, and so on.

**#3. The family is the place where individuals get an education, interaction experience, and so on.**

Family is the basis of the formation of certain characteristics of an individual.

**#4. Families can powerfully influence individuals.**

The family is a very strong system and always plays a role in every individual's growth and development. It can control the formation of the individual and his characteristics or personality.

**#5. Understanding that the family is a system in which every individual is involved.**

The family needs a system viewpoint. Every family has its own goals for achieving it. This system of thinking will then take into account each individual in it but still towards one main goal.

The genogram is the basis for understanding and constructing perceptions of other family members who each have a different status, for example, grandfather,
grandmother, father, mother, brother, sister.

#6. The family system can change if one individual changes.

The individuals in the family are a reflection of that family. Although not all individual behavior is what is taught in the rules outlined in the family, the existence of a positive or negative attitude from an individual will affect the entire family. For example, if there is a good family, and one of the children is caught in a drug case. A family that is usually very friendly, likes to socialize, then immediately becomes closed, doesn't meet people often, is often absent from work, and others.

#7. Many family therapies are interesting methods.

Psychological therapy can be applied in many families, both affecting the individual alone or for the whole. Psychological therapy in this family can provide a broader perspective, a more patient, and open mind and heart. Examples of psychological therapy that can be applied are conflict management therapy, stress management therapy, and others. Each therapy has different and interesting goals and methods.

#8. Family therapy can be applied by each individual.

Psychological therapy in the family can be applied by individuals and some need help from others. Most of the therapies have easy methods and can be widely applied not only in families but also in society as well.

#9. The psychological approach prevents psychological disorders in the family.

Psychology, which is psychology, certainly pays attention to a person's psychological perception. The family also requires an awareness of paying attention to this. Don't let the rules be made burdensome to one individual and trigger permanent stress.

For example, a teenager who is required to always get class champion, while this is against the desire of the individual who wants to play or is against the environment, for example, many of his friends is also smart. Demands like that can trigger stress which gradually worsens and chronic psychological disorders arise. If this happens, the approach taken may be more difficult and require the help of medical personnel and psychologists.
From various explanations about psychology in the family and its role in solving problems or conflicts in the family, it is revealed how important the role of family psychology is. Family psychology focuses on understanding the psychological and behavior of individuals in the family, as well as the responses they have, whether constructive or destructive, and also the role of the family that can provide changes to individual mental and behavior which will later be brought into community life.

A good person or individual comes from a good family environment and vice versa if the family environment is not good, the individual will also become a bad person in their social life.

Family is an important factor in the growth and development of its members. Family psychology provisions help in building family members, resolving conflicts with an open and broad mind, protecting family members from destructive social-cultural differences, forming constructive individual characteristics, and establishing more effective communication.