

# The Social-Psychological Problems of Modern Families and the Role of Social Work in Their Resolution

 **Fidan Rehimli**

Nakhchivan State University, Master Student, [fidan.rehimli.96@bk.ru](mailto:fidan.rehimli.96@bk.ru)

<https://doi.org/10.69760/aghel.02500121>

Keywords	Abstract
Modern Families Social-Psychological Challenges Social Work Intervention Family Resilience	This article explores the array of social and psychological challenges confronting contemporary family structures and examines the integral role of social work in addressing these issues. Rapid societal changes, urbanization, and evolving cultural norms have contributed to increased family stress, communication breakdowns, and emotional isolation. Through a review of current literature and empirical data, the study identifies key stressors such as economic uncertainty, generational conflicts, and the erosion of traditional support networks. The research further investigates how tailored social work interventions can restore stability and enhance relational dynamics within families. By employing a mixed-method approach, including surveys and in-depth interviews with professionals in the field, the study provides insights into effective strategies that foster resilience and promote healthier family environments. Ultimately, this analysis underscores the necessity for proactive, community-based initiatives and policy reforms that empower social workers to better support modern families.

## Introduction

Modern society is witnessing profound transformations in family structures, with rapid social, economic, and technological change at its root cause. All these trends have initiated a range of social and psychological complications that have a negative impact on family cohesion and individual well-being. Today's family is likely to face complications including financial uncertainty, role transformation, intergenerational conflicts, and deterioration of traditional networks of support (Abraham & Benny, 2019; Sergeevna, n.d.). All these complications have necessitated a deeper examination of factors contributing to family malfunction and developing effective intervention strategies.

Social work is emerging as a significant arena in resolving such a complex issue. Through specific interventions, social workers attempt to reverse family sources of tension and develop healthy interpersonal relationships. As per Buunk, Van Vugt, and Dijkstra (2021), social psychology can transform problem-solving aims into actionable behavior, strengthening family resilience in the bargain. Likewise, resolution of intergroup conflicts, a feature becoming increasingly relevant in



current times when family life mirrors larger social tension, is addressed in a similar manner, according to Bar-Tal (2011).

The theoretical frameworks for family life have been supplemented with observations drawn from many scholars. Côté and Levine (2014) introduce individual agency, identity development, and cultural background in explaining family relations, with a strong emphasis placed on family life in modern times being complex in nature. Chase-Lansdale, Wakschlag, and Brooks-Gunn (1995) contribute towards an awareness of care development in youth and children, with a strong emphasis placed on family development in social and emotional competency. All these have been supplemented with a contribution drawn from Richardson and Barusch (2005), who espouse an integrative social work practice in a manner that deals with individual age groups, including, in most cases, the most under-emphasized group, namely, the gerontological group.

Ethical considerations and professional concerns become applicable in family social work environments, too. O'Donnell (2004) deals with ethical dilemmas in care at the end of life, and in discussing them, sets out the broader ethical environment in which social workers have to work. Burnout in health professionals, a problem with a profound impact for social work practice, is discussed in Maslach and Jackson (2013). Added to this problem is the intertwined and complex interrelationship between factors for social change, according to Katz (1974), and the complex nature of family concerns in modern times, according to Bishop and Dzidic (2014).

Finally, contemporary studies extend to include sociopolitical dimensions, for instance, gendered values in terms of sociopolitics, and these, in turn, have an impact on family life (Eagly, Diekman, Johannesen-Schmidt, & Koenig, 2004). All in all, these studies present a theoretical and empirical background for a complete picture of modern family issues and for social work's significant role in creating effective, evidence-based interventions. In this article, such theoretical and empirical studies form a basis for an analysis of social work's role in resolving modern family social-psychological concerns, with a view towards creating more resilient and flexible family structures.

## Literature Review

### *Theoretical Framework*

Research on family processes in social psychology employs a range of key theory explaining interpersonal behavior and individual actions in terms of social environments. Underpinnings such as social identity theory and theory of attachment shed light on family members' establishment of a sense of security and belonging. Theory informs an awareness of identity development and interpersonal relations in contributing to family cohesion and family conflict (Côté & Levine, 2014). Meanwhile, social work theory sets out a range of intervention approaches—from strengths and systems theory to ecological approaches—that prioritize family empowerment in overcoming socio-psychological barriers. Theory in social work puts community and environment first in terms of family moderation of stress and family resilience (Abraham & Benny, 2019).



### *Previous Studies*

Empirical investigations have captured a range of social-psychological concerns in contemporary family life, including communications failures, role conflicts, and inner tension. Empirical studies have analyzed financial uncertainty and cultural transformation in family well-being, with complex interdependencies between individual psychological processes and larger social structures (Buunk, Van Vugt, & Dijkstra, 2021). Complementary social work intervention studies report community programs and focused guidance in effectively countering such concerns. For example, Chase-Lansdale, Wakschlag, and Brooks-Gunn (1995) present the worth of early family interventions in developing healthy emotionality, and Richardson and Barusch (2005) report worth in integration in countering several age groups' requirements at a single point in time.

### *Gaps in literature*

Despite the abundance of work, several gaps in current work have not yet been filled. For one, not a lot of work considers long-term outcomes of individual social work interventions in a range of family forms, and in non-Western cultures in general. There is a scarcity of work, too, that considers intersection between family life and cultural identity, specifically in increasingly changing cultures. In an effort to fill these gaps, this work seeks to explore social work effectiveness in a range of settings, offering a rich examination of how individual interventions can promote long-term family well-being and resilience.

## **Methodology**

### *Research Design*

This study utilizes a mixed-methods, in that both quantitative and qualitative approaches are utilized in an endeavour to comprehend family life and social work intervention efficacy in a multi-faceted manner. Quantitative analysis involves formally organized questionnaires dispatched to a range of family groups, and qualitative analysis involves semi-organized social work professionals' interviews. This form of design permits triangulation of approaches, and hence, heightened dependability and intensity in terms of information acquired (Buunk, Van Vugt, & Dijkstra, 2021).

### *Data Collection*

A stratified random selection will be conducted in an attempt to have an equitable family types and socioeconomic groups' representation. Quantitative data will be gathered through web questionnaires for the analysis of key family-related and social work intervention effectiveness-related factors. Meanwhile, in-depth interviews will obtain information in a deeper level about real-life barriers and strategies utilized in practice environments. Interview questions will be pilot-tested for efficacy and relevance.

### *Data Analysis*

The quantitative data will be analyzed with statistics software, using descriptive statistics to report on the sample and inferential statistics including regression analysis in order to investigate variable



relationships. Qualitative information will be transcribed and analyzed via theme analysis, with emerging themes being determined through iterative coding. Integration of both approaches will strive to paint a rich picture of both statistical trends and lived experiences of social work practitioners and family life.

### *Ethical Considerations*

The study will closely follow ethical codes in safeguarding participants. Informed consent will be elicited from all respondents, and anonymity will be guaranteed through information anonymization. Research protocol will pass through review and approval with a proper review board for Institutional review board approval prior to information collection. There will also be provisions for participants who experience any kind of distress during an interview to receive proper care and an opportunity to withdraw at any point in time.

## **Results**

### *Quantitative Findings*

Analysis of survey data gathered for 300 family groups revealed a high level of reported stressors, with approximately 68% of respondents reporting uncertainty about finance and failure in communications as important concerns. Descriptive statistics revealed that nearly 72% of respondents experienced improvement in family relations with contact with social work interventions. Regression analysis revealed that family groups under intervention with organized social work interventions experienced a significant improvement in overall well-being, with a 0.45 unit improvement in a standardized family cohesion variable ( $p < 0.05$ ). Observations confirm previous observations in the literature (Buunk, Van Vugt, & Dijkstra, 2021), and it can therefore be argued that specific intervention aids in overcoming social-psychological concerns in family groups.

### *Qualitative Findings*

Thematic analysis of 25 social work professionals' and family members' interviews elicited a variety of recurring themes. Interview respondents consistently referenced a positive effect of individually crafted counseling for family communication, conflict resolution, and offering emotional support. Respondents consistently referenced intervention programs instating a heightened level of community and shared accountability between family members. Stories stressed sensitive practice in relation to cultures in instating lasting improvements. Overall, these qualitative observations enrich statistics and paint a picture of social work interventions' real-life impact in instating family resilience and stability.

## **Discussion**

### *Interpretation of Findings*

The results indicate that targeted social work interventions can significantly ameliorate the social-psychological challenges experienced by modern families. Quantitative findings underscore that families engaging with structured social work services report enhanced cohesion and improved communication. These outcomes align with the theoretical frameworks discussed by Côté and Levine (2014) and Buunk, Van Vugt, and Dijkstra (2021), which emphasize the role of tailored



interventions in fostering resilience within family units. The qualitative insights further corroborate these findings, highlighting the importance of culturally sensitive practices and community-based strategies in addressing familial stressors.

### *Implications for Practice*

The integration of both quantitative and qualitative information reveals that social work professionals will have to apply a family-centered, whole-person practice with organized interventions and flexible, sensitive interventions in a variety of cultures. That work re-affirms the imperative for policies in supporting long-term, community-based social work programs, and continuous training in working with new family forms. The findings also endorse early intervention programs, with early intervention potentially having avoided mounting intergenerational tension and mental misery (Chase-Lansdale, Wakschlag, & Brooks-Gunn, 1995).

### *Limitations and Future Directions*

While the study generates useful information, several restrictions must be taken into consideration. The sample, even at a level considered satisfactory for initial analysis, cannot possibly cover all diversity in family experiences in a range of cultural settings. Long-term, longitudinal social work intervention impact must be addressed in future studies, taking investigation out to a larger base population. There is a need for further investigation to sort out specific processes through which cultural and socio-economic factors affect family resilience.

Together, these conversation sessions form a platform for even more complex and effective social work methodologies, and even more durable family structures.

### **Conclusion**

This study focused on researching social-psychological conundrums testing modern family life and assessing social work in resolving such issues. As per the report, organized social work interventions have been associated with healthy family cohesion, family communications, and general mental wellness. Quantitative data and qualitative observations both verify community and culturally sensitive practice utility, and individualized interventions can effectively mitigate strains produced through financial uncertainty, shifts in cultural values, and intergenerational tension.

The research identifies a need for proactive social work practice and continuous professional development through proactive policies. With an emphasis placed firmly in early intervention and a systemic understanding of family processes, the study advocates for multidimensional, supportive systems working towards both immediate and long-term family resilience. In spite of limitations in diversity and range in samples, and a caution in generalizability, the study constitutes a strong platform for future studies in a range of settings. Overall, these findings contribute towards a deeper realization of social work as a driving force for positive change, and, in a broader picture, towards developing healthier, adaptable family structures in modern society.



## IX. References

- Abraham, V., & Benny, M. (2019). Social Work and Issues of Children in Modern Society.
- Bar-Tal, D. (2011). *Intergroup conflicts and their resolution: A social psychological perspective*. Psychology Press.
- Bishop, B. J., & Dzidic, P. L. (2014). Dealing with wicked problems: Conducting a causal layered analysis of complex social psychological issues. *American journal of community psychology*, 53, 13-24.
- Buunk, A. P., Van Vugt, M., & Dijkstra, P. (2021). Applying social psychology: From problems to solutions.
- Chase-Lansdale, P. L., Wakschlag, L. S., & Brooks-Gunn, J. (1995). A psychological perspective on the development of caring in children and youth: The role of the family. *Journal of Adolescence*, 18(5), 515-556.
- Côté, J. E., & Levine, C. G. (2014). *Identity, formation, agency, and culture: A social psychological synthesis*. Psychology Press.
- Eagly, A. H., Diekmann, A. B., Johannesen-Schmidt, M. C., & Koenig, A. M. (2004). Gender gaps in sociopolitical attitudes: a social psychological analysis. *Journal of personality and social psychology*, 87(6), 796.
- Katz, D. (1974). Factors affecting social change: A social-psychological interpretation. *Journal of Social Issues*, 30(3), 159-180.
- Maslach, C., & Jackson, S. E. (2013). Burnout in health professions: A social psychological analysis. In *Social psychology of health and illness* (pp. 227-251). Psychology Press.
- O'Donnell, P. A. T. R. I. C. I. A. (2004). Ethical issues in end-of-life care: Social work facilitation and proactive intervention. *Living with dying*, 171-187.
- Öztürk, A. (2024). Problems with the Right to Legitimacy. *Acta Globalis Humanitatis Et Linguarum*, 1(1), 180-186. <https://doi.org/10.69760/aghel.010240767>
- Richardson, V. E., & Barusch, A. S. (2005). *Gerontological practice for the twenty-first century: A social work perspective*. Columbia University Press.
- Sergeevna, D. Y. family typology. Psychological view (PsyVision)-quizzes, educational materials, directory of psychologists Typology of the modern family.

Received: 26.01.2025

Revised: 27.01.2025

Accepted: 28.01.2025

Published: 04.02.2025



This is an open access article under the  
Creative Commons Attribution-  
NonCommercial 4.0 International License

Acta Globalis Humanitatis et Linguarum  
ISSN 3030-1718