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QLANTIC
 JOURNAL OF
 SOCIAL SCIENCES

Nuclear and Joint Family System: Youth Perspective in Quetta, Balochistan

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Abstract: Every human being is a part of either a joint family or a nuclear family. Both types of families have multiple positive and negative consequences on individuals' lives, as previous literature represented various advantages and disadvantages of joint and nuclear families. According to Khatoon, A. (2008), in a joint family, the children's self-decision is discouraged due to the dominancy of the family head in all their choices. The aim of the present study was to analyze the actual experiences and perceptions of youth regarding joint and nuclear families in Quetta City. Even though the existence of joint and nuclear families has a strong influence on individuals' lives, there is still no scholarly work on them. Henceforth, the study selected a qualitative approach to analyze the experiences of youth (B.S. students) from the University of Balochistan. One Focus Group Discussion (FGDs) and nine interviews were conducted on the basis of data saturation through convenient sampling. Data collection tools included interview guide schedules in order to obtain rich pieces of information for targeted phenomena. Further data was analyzed through a thematic analysis tool. However, the findings of the present study portrayed the experiences and perceptions of respondents belonging to both family systems.

Key Words: Nuclear Family, Joint Family, Youth, Perspective, Social Experiences

Introduction

Family is the basic agency of socialization that forms the personality of youth in every society. Family satisfies the basic needs of a child and polishes the inner abilities of the child. Khatal, M. N. (2011). Family is the first agency which moulds the behaviour of youth according to the values and norms of its society Macionis, J. J. (2012). The word family is derived from the Latin "Famulus", which literally means "domestic slaves". "It is a team of producers and slaves and other servants and members connected by marriage or descent" Alam, A. (2008). There are various types of families, but joint and nuclear family systems are the most common types of family systems and exist in almost every society in the world. Alam, A. (2008). The study by Jayachandran S. (2008) found that the youth who live in the joint family system are more adjusted than youth who belong to the nuclear family system.

Family arrangements play an important role in empowering, improving or weakening the youth's performance in every aspect of life. A smooth and peaceful environment within the homes has a great impact on youth psychological health. Family is the primary source of socialization, which prepares the child for social life. Elliott, S. &. (2000) revealed that residential patterns tie a deep relationship that affects the lifestyle of their members. Further, the network of these relationships is primary and secondary in nature. The family has an impressive influence on the academic achievement of the children. Family is the source of the kinship system, which energize and support its member to achieve any goal in life UNESCO, (1992).

UNESCO classified the pattern into five segments, of which joint and nuclear is the most common setup in Pakistani society. In Pakistani society, the family, which is composed of two generations, is considered

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a nuclear family and a joint family is composed of three or more than three generations living together in a single home. Lopata, H. Z. (1973) argued that she is acquainted with Charles Horton Cooley, who is a sociologist and argued that family has many important functions. It avails the chances of emotional support, encouragement and strong intimation. Therefore, both nuclear and joint family patterns have some rules and regulations about their children's social life and achievement.

According to Gilford (1997), the family is always the basic atmosphere for a child. It focused on family surrounding playing a role in escalating and abating the intellectual achievement of the child. Akubue, F. &. (2008) define the family terms as a kinship group with the process of the fundamental function of natural socialization of newborn babies.

Objective

- To know the youth's perspective on nuclear and joint family systems in Quetta city.
- To examine the social experiences of youth regarding the nuclear and joint family system in Quetta city.

Research Questions

- How are familial relations affected in nuclear and joint family systems?
- Which system of family is financially strong?
- What is the impact of residential patterns on personality development?
- How have residential patterns affected the academic achievement of youth?

Statement of the Problem

The family system is considered essential for individuals' social, emotional and financial needs of survival. Pakistani society is divided into two main categories on the basis of family arrangement: joint family and nuclear family system. In early times, a joint family system was preferred to a nuclear one. However, the changing trends of society affect the culture of Pakistan, and the nuclear family is dominating the joint family. Every individual is a part of either a joint family or a nuclear family. Previous studies conducted both negative and positive consequences of nuclear and joint family structure on individuals' lives.

One study by Ghani, S. (2000) portrayed that quarrels and jealousy are general features in the joint family system. Mostly, its members confront accommodation issues because of aggressive competition. According to Kauts, A. &. (2011) study, the children of joint families showed sensible conduct compared to nuclear families. Moreover, the research of Khatoon, A. (2008) showed that in joint families, children's self-decision is discouraged due to the dominance of the family head in all their choices. Even the parents of children cannot be involved in their future decisions due to the authority of other elders at home. Similarly, in Quetta, both kinds of families exist, and there was little scholarly work on their consequences. So, the researcher covered this gap through her qualitative research work. Moreover, the present study analyzed the social, familial, and financial experiences of students regarding joint and nuclear family structures.

Rationale of the Study

This research was conducted to analyze the experiences of B.S. students of the University of Baluchistan Quetta regarding the joint and nuclear family system. Previous literature revealed that there have been many studies on the impact of the residential pattern of the family on children's lives. According to the findings of Rao, C. N. (2007), in a joint family setup, the parents of children are disheartened to take an interest in the matter of their children. Parents are prevented from encouraging their children's talents and choices. Parents will find the current study useful in helping them plan for their children's future choices and opportunities.

Limitations of the Study

This study mainly focuses on undergraduate students enrolled at the University of Baluchistan in Quetta City, restricting its scope to the exploration of viewpoints and experiences among the young regarding the joint and nuclear family structures prevalent in Quetta City. The goal is to obtain a thorough grasp of how

young people in this academic setting interpret and negotiate the dynamics of various family relationships. The purpose of the study is to shed light on the perspectives and experiences that Quetta's university students have about the joint and nuclear family systems in the city by delving into their distinct views and experiences.

Review of Literature

A research article written by Virginia Cooperative Extension (2009) argued that family plays an essential role in making the personality of the child and developing various skills in a child. The emerging skills in children, including learning skills and educational development, are influenced by the process of nurture and family support. Moreover, family patterns and surroundings will provide the child with the confidence to be responsible for social and cultural norms in Pakistani society. The advancement of science and technology persuaded the new generation of Pakistani society to transform the joint family system into a nuclear family system, especially in urban areas of Pakistan.

Another study by Suleman, Q. A. (2012) also observed the effect of family structure on children's educational performance. However, they studied the family structure on the basis of family size and number of family members and concluded that a small family size pattern has a great effect on children's academic performance and involves a great participation of parents with children regarding academic activities. Another study conducted by Muola, J. M. (2010). All the conditions and situations in the family which affect the child intellectually, physically and emotionally is called family background. Muola, J. M. (2010). A family can be classified into two main categories: joint and nuclear family. Joints are those in which a large number of people and kinship groups are involved, including more than one nuclear family. The family in which only a married couple with their children is called a nuclear family, and this trend is more familiar in Western countries, according to Andersen and Taylor (2000). Maduewisi (1982), his environmental experience in a family peer group has more impact in explaining a child's intellectual ability. Durosaro, F. A. (1990) argued in their study that family size always influences the academic achievement of the child. According to Lisa A. Gennetian (2005), academic achievement is higher in nuclear families than in joint or single-parent families.

Khatoon Asia (2008) conducted research to find out the effect of the joint and nuclear family systems on the educational performance of secondary school students in Karachi. They found that the family structure has a significant effect on the decision-making and interpersonal skills of youth, but there is no impact on confidence, personality, leadership and creativity. Moreover, in the joint family system, children have more chances to communicate with any member of the family and gain more experiences, while less intimacy is found in the nuclear family due to the small family size and usually, mothers were found to be working ladies.

One study by Ghani, S. (2000) portrayed that quarrels and jealousy are general features in the joint family system. Mostly, its members confront accommodation issues because of aggressive competition. Another study by Haider, K. & (2013) described that a joint family is a centre of conflicts, as the women of joint families belong to various cultures and family setups. That's why they are incapable of accommodating easily with the new social environment. Individuals of joint family have clashes in every matter of life. Resultantly, that provokes an insecure milieu. According to Khatoon, A. (2008), in a joint family, the children's self-decision is discouraged due to the dominance of the family head in all their choices. The children's needs are subordinated in the fronts of family decisions. Even the parents of children cannot be involved in their future decisions due to the authority of other elders at home. Similarly, the findings of Rao, C. N. (2007) conducted that in a joint family setup, the parents of children are disheartened to take an interest in the matter of their children. Parents are prevented from encouraging their children's talents and choices. There is a low level of satisfaction among joint family individuals regarding autonomous decisions in their personal lives. They face higher constraints in every part of life. Their own determinations are killed by the judgement of the family holder mentioned by Saqib Lodhi, F. A. K.-N. (2019).

According to Bilal, H. T.'s (2013) study, "The effect of nuclear and joint family system on academic achievement of students" represented that the children belonging to joint family system confronted intense hardship in academic life. They have to face more challenges to strive. As a part of a crowded environment,



they are deprived of their parent's affection and attention to educational problems. Contrary to the above outcomes, one study by Kumar, A. (2013) stated resilient social accommodation among joint family individuals rather than nuclear family members. Members of joint families are much more cooperative as they are socialized jointly by all family members. Moreover, according to Kauts, A. & (2011) study, children of joint families have shown sensible conduct compared to nuclear families. Children from joint families are much more experienced with the guidance of older members and their grandparents. Research by Giri, D. (2015) collected that individuals living in joint family setups always compromise on their wishes and aspirations for the sake of family concern. Further, the findings of Ali, M. M. (2018) research work mentioned that individuals living in joint families were ethically better as compared to nuclear families. Thus, exploring the location-wise effects of joint and nuclear families, it was stated that individuals from rural areas were morally better than their counterparts of nuclear family individuals.

Methodology

In order to obtain comprehensive information about the family system in Quetta, the current study is qualitative in nature. According to Dr Khalifa Elmusharaf (2012), qualitative research is utilized to comprehend the study's subjective reality. The universe is thought to be a place where all people live and from which primary data is obtained for research purposes (e.g., through questionnaires or interviews). However, the study focuses on Quetta City's nuclear and joint family systems from the viewpoint of young people. The University of Baluchistan was the location for data collection. To further accomplish the goal of the current study, the target population consisted of BS single students between the ages of 19 and 25.

Sampling Method

Convenience sampling is the process of selecting a group of individuals who are believed to be representative of the population from which they are drawn, as opposed to selecting them at random. This strategy, which is the least rigorous, selects the themes that are the most easily understood. In terms of money, time, and effort, it is the least expensive for the researcher (Saunders, Lewis, & Thornhill, 2012). Nonetheless, convenience sampling was used to choose the target population for this inquiry.

Sampling size

Ritchie and Lewis (2003) discovered that one of the features of qualitative sampling is that the sample size is usually small. This is because, as was previously mentioned, a phenomenon needs to occur only once to be valuable. Scale is not necessary, just as estimates of statistical significance are not needed. To give an indication of the size of the qualitative inquiry, one can expect to conduct 20 to 50 interviews for a one-on-one study. In the current study, 33 interviews were done based on data saturation, with 17 respondents from joint family systems and 16 from nuclear family systems. Moreover, One FDG was conducted with 12 respondents, including boys and girls, was conducted.

Tool for Data Collection

Dr Khalifa Elmusharaf (2012) asserts that, with appropriate sampling and equally cautious data-gathering techniques, a very small number of interviews, narratives, or focus groups can yield the data required to address your research issue. The interview guide was employed by the researchers to obtain data for this study report.

Tool for Data Analysis

Boyatzis (1998) contended that thematic analysis is a subset of qualitative analysis. Categories are examined, and themes or patterns that relate to the information are displayed. It covers a wide range of subjects by delving deeply into the data and offering opinions. The primary data was analyzed using thematic analysis.

Results

Privacy

Many of the respondents who are associated with joint family experiences primarily relate to unpleasant experiences, with privacy being the main focus. These people said there were very few possibilities to keep

personal information private in the joint family arrangement. Their stories indicate that when each family member actively engaged in and meddled in other people's personal affairs, the loss of privacy became more and more obvious. The respondents expressed a great deal of anger with this ongoing interference, which jeopardized their personal space and boundaries. The collective narratives brought to light the complex balance needed to manage familial closeness while honouring individual autonomy and freedom, highlighting the inherent difficulties connected with maintaining these qualities within the complex dynamics of a joint family structure.

As respondent said:

"If we lock the door for few minutes, it will turn into agony and knock the door on every second".

On the other hand, the respondents who belong to nuclear families were more stable in their privacy matters as compared to the joint family system.

As respondent said:

"I had been in a joint family system, which was the worst experience regarding personal matters because every member of the family tried to interfere in our intimate affairs, which was very irritating for us. However, I prefer the nuclear family system to live in a relaxed environment and less chances to disclose privacy".

Financial Stability

The researcher collected data from the University of Baluchistan, which is the only public university in Balochistan. The students of UOB belong to various rural areas, which are considered highly backward, and Quetta is the only urban area of Balochistan. The students belonging to a joint family in rural areas are negatively affected due to financial instability. Henceforth, in rural areas, a joint family system has deep roots in their culture. In addition to these, more than seventy or eighty family members live in a single home. At the same time, few male members of the family contribute to the family income. At the same time, the rest depended on them, which highly burdened the earner of the family. This situation leads to poverty and poor financial condition in the family. Besides this, the students who belong to a joint family in Quetta have positive experiences of financial stability because every family head is responsible for feeding his own children and wife. Furthermore, a larger workforce in urban areas is an indirect cause of financial stability.

As respondent said:

"I am living in a joint family system where a single kitchen by all family members. Every earning member of the family contributes to the grocery of the kitchen, which does not burden the earning members of the family. Moreover, earning member of the family has good savings and are financially stable".

Students from nuclear families, the majority of whom live in Quetta, have expressed satisfaction with their financial stability and have demonstrated excellent saving practices. For these students, a more stable economic environment is facilitated by the advantageous financial circumstances found in nuclear family arrangements, especially in an urban area like Quetta. Their pleasant interactions not only demonstrate the benefits of the nuclear family structure but also emphasize how the metropolitan setting may affect students' financial security.

Security Concerns

The students who belong to a joint family feel more secure than students who belong to a nuclear family. A strong sense of belonging and emotional well-being are enhanced by the presence of extended family members, such as grandparents, aunts, uncles, and cousins, who create a loving environment. A network of people who share duties, offer support, and provide companionship is common in mixed families, creating a nurturing environment for the pupils. Students from nuclear families, where there are only parents and their kids living together, may have a different dynamic and a lower level of emotional stability and social security than those from other types of households. The communal aspect of joint families can have a favourable effect on kids' perceptions of general safety and stability, affecting their academic performance and well-being.

As respondent said:



"Joint family system has pros and cons, but the social and emotional security system is very strong in the joint family system, and society cannot threaten this system".

In Baluchistan, the family structure has a crucial role in determining one's sense of security, especially in homes with nuclear families. Students from these households are more conscious of security issues, which can be largely related to the small number of males living in the home. Students may become more watchful if there is a lack of male presence in nuclear households due to the social backdrop of Baluchistan, where conventional gender norms frequently give male family members a protective role. This awareness is a result of the widespread cultural correlation between safety and the ability of male family members to defend themselves. Students in Baluchistan from nuclear families may, therefore, approach daily life with an increased awareness of security dynamics, reflecting expected responsibilities and familial roles.

As respondent said:

"Whenever my father leaves for another city. We go to my uncle's home due to security issues because my brothers are too young, and we feel fear of staying home in the absence of my father".

Familial support

Strong familial support is generally more common in joint family systems than in nuclear family systems, according to research that has been conducted on the subject. People who live in joint families gain from having a larger family network, which promotes a sense of shared accountability and interdependence. Grandparents, uncles, aunts, and cousins living close by frequently create a strong support network where family members are willing to lend practical, financial, and emotional help. Conversely, students from nuclear families can receive less familial assistance because these households are usually made up of parents and their children. Nuclear families may have a less diverse support system due to their smaller family sizes, which could have an impact on the breadth and depth of services offered to kids. This dichotomy draws attention to the differences in dynamics between nuclear and joint family systems and emphasizes how crucial familial structures are in determining the kinds of support networks that people have access to.

As the respondent belonging to a joint family said:

"My parents, uncles, aunts, and first cousins are part of my extended family, and they are always there for us, financially and emotionally supporting us through good times and bad. As such, I think that this constant support is one of the main characteristics of the joint family structure".

The respondent belongs to a joint family and said:

"My father had financial difficulties at a crucial time when my younger sister was diagnosed with hydrocephalus, a disease that required emergency brain surgery. My paternal uncle intervened in this dangerous scenario and made all the necessary surgical arrangements. He promised to be by our side for the rest of his life and gave us his undying support. My uncle's generosity is still a source of great gratitude, and I am eternally grateful for his support and generosity".

As the respondent who belongs to the nuclear family said:

"My interactions with my paternal uncle and cousins have become strained as a result of living in a nuclear family. A sense of remoteness may have been created by the restricted family structure, which may have led to irregular interaction and a lack of shared experiences".

Academic Achievement

The residence pattern has a significant impact on how well young people do academically. There was a clear pattern among respondents from joint family systems where there was a general unhappiness with academic accomplishment. These people mentioned that it was hard for them to stay focused and dedicate enough time to their academics; they mostly attributed these problems to the busy and crowded environment due to living in joint families. On the other hand, respondents with nuclear family histories demonstrated more effective academic success. The main distinction was the smaller family size, which enabled parents to give their kids' academic endeavours more focused attention. This discrepancy

highlights how residential patterns affect young people's academic paths, with family structure having a significant influence on their educational experiences and accomplishments.

As the respondent belonging to a joint family said:

"My parents were unable to give us their undivided attention or focus on our schooling due to their hectic schedules and my mother's overwhelming workload of household chores. I've always wanted to do well academically, but I've never been able to fulfil this ambition due to a busy atmosphere and conflicts that interfered with my performance. But I have to work for this degree of education on my own".

Discussion

The results of this study reveal the deeply ingrained foundations of the joint family system in Quetta's cultural context, but they also reveal a noticeable tendency in favour of the nuclear family paradigm. The respondents participated in a thoughtful dialogue, exchanging perspectives on the advantages and disadvantages of the two family structures that are common in Quetta society. One big concern that surfaced was privacy, which was also noted as a key downside in the context of a joint family, underscoring the fine balance needed for peaceful cohabitation.

In contrast, respondents highlighted the strong familial support and cooperative environment that the joint family structure generates, which was one of its significant features. This is consistent with findings from Kumar's (2013) study, which emphasized the long-lasting ties and support among family members in joint family systems. Because they navigated a variety of situations in the same setting, the children raised in joint families were said to be more mature and insightful. These observations were supported by Kauts's (2011) study, which highlighted the greater experience, growth, and maturity of children raised in joint families as opposed to their nuclear counterparts.

The previous literature also draws attention to the negative aspects of joint family dynamics, supporting Ghani's (2000) findings that prevailing problems in joint family environments include disputes, jealousy, hostile competition, and privacy invasions. It's interesting to note that Quetta City's youngsters mirrored the same ideas, giving a glimpse of the difficulties this conventional family system presents. Therefore, the study provides a thorough investigation of young people's perspectives on both family systems, illuminating a complex understanding of the advantages and disadvantages of each. Even while the joint family system continues to be popular, young people personally prefer the nuclear family because they want more personal freedom and a quieter home life.

The preference for nuclear households is further supported by Bilal's (2013) research, especially when it comes to academic achievement. The supportive and concentrated environment described in nuclear families stands in stark contrast to the difficulties faced by children in joint families, which include a congested atmosphere and a lack of parental attention. This comprehensive investigation of family dynamics reveals the complex interplay between household arrangements and the experiences and perspectives of young people in Quetta culture.

Conclusion

The research examined young people's perceptions in Quetta City with regard to nuclear and joint families. Historically, the joint family structure has been prevalent in Quetta, a city that is a cultural melting pot of Pashtun, Baloch, Punjabi, Hazara, and other communities. The purpose of this qualitative investigation, which was carried out among University of Balochistan (UOB) students in Quetta, was to record the diverse experiences and opinions of respondents from various family configurations.

Surprisingly, the primary data revealed respondents from joint and nuclear family systems had different experiences and opinions. Young people in joint households reported feeling more pressure because of the strong rivalry and internal disputes in the family. On the other hand, individuals from nuclear households reported more financial stability, even though they acknowledged receiving less support from paternal relations. As a result, each respondent personally preferred the nuclear family structure due to its ability to create a calm and stress-free atmosphere.



This choice is consistent with the study's finding that young people's academic success is greatly influenced by their residential arrangements. When compared to their peers from joint family systems, students from nuclear families demonstrated more efficacy in their academics as well as a greater sense of responsibility in completing academic assignments. As a result, family structure's effect on academic achievement becomes a significant factor to take into account, illustrating the complex connection between living situations and young educational achievements in Quetta City.

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