

Interventions for Remarried Families

Yeniden Evlilikler Yoluyla Oluşan Ailelere Yönelik Müdahaleler

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ABSTRACT

Remarried families become widespread as a type of family that differs from first marriages both developmentally and structurally. Due to its developmental and structural differences, both the quality and continuity of this families emerge as areas that need to be studied. To offer effective interventions to remarried families, researchers and practitioners in the field of mental health should have access to knowledge on this subject. The literature on remarried families emphasizes biological, non-biological and co-parenting related issues. The expectations, knowledge and perceptions of both the married couple, the children and the surrounding social environment of the remarried family is another important issue. Communication, problem solving, and conflict management can be an important tool in strengthening relationships and preventing negative experiences for families established through remarriage. It is seen that the interventions that deal with the mentioned characteristics of families formed through remarriage are given in the form of group practices, adopting a preventive approach, supported by practices that point to skill acquisition in addition to providing information. Programs offered for families formed through remarriage share commonalities such as remarried family development, parenting skills, communication and problem-solving skills. The effectiveness of interventions for remarriage has been tested by various studies conducted since the late 1970s. While testing the effectiveness of such interventions, it is seen that different outcome variables such as family integrity, dyadic satisfaction, relationship quality, marital continuity, conflict level, stress level and behavioral disorders experienced by family members are considered. Research findings show that interventions for remarriage are effective.

Keywords: Remarriage, blended family, intervention

ÖZ

Yeniden evlilik yoluyla oluşan aileler, gerçek gelişimsel gerekse yapısal farklılıklarından dolayı ilk evliliklerden farklılaşan bir aile türü olarak yaygınlaşmaktadır. Gelişimsel ve yapısal farklılıklarından dolayı ailenin gerek nitelik gerekse süreklilik özellikleri çalışılması gereken alanlar olarak ortaya çıkmaktadır. Yeniden evlilikler yoluyla oluşan ailelere etkili müdahaleler sunulabilmek için ruh sağlığı alanlarındaki araştırmacı ve uygulamacıların bu konuda bilgi birikimine ulaşma önem taşımaktadır. Yeniden evlilikler yoluyla oluşan ailelere ilişkin literatür bakıldığında; biyolojik olan, biyolojik olmayan ve ortak ebeveynlikle ilgili konuların vurgulandığı görülmektedir. Hem evlenen çift, hem çocuklar, hem de içinde bulunulan sosyal çevrenin yeniden evlilik yoluyla oluşan aileye ilişkin beklenti, bilgi ve algıları bir diğer önemli konu olarak ön plana çıkmaktadır. İletişim, problem çözme, çatışma yönetimi gibi genel beceriler yeniden evlilik yoluyla kurulan aileler için ilişkilerin güçlendirilmesinde ve olumsuz deneyimlerin önlenmesinde önemli bir araç olabilmektedir. Yeniden evlilikler yoluyla oluşan ailelerin söz konusu özelliklerinin ele alındığı müdahalelerin onleyici bir yaklaşım benimsenerek, bilgi sunulmasına ek olarak beceri kazanımına işaret eden uygulamalarla desteklenerek, grupla yapılan uygulamalar şeklinde verildiği görülmektedir. Yeniden evlilik yoluyla oluşan ailelere yönelik olarak sunulan programların; yeniden evlilik yoluyla oluşan aile gelişimi, ebeveynlik becerileri, iletişim ve problem çözme becerileri gibi ortaklıkları paylaştığı görülmektedir. 1970lerin sonlarından itibaren yürütülen çeşitli araştırmalar ile yeniden evliliklere yönelik müdahalelerin etkililiği test edilmektedir. Bu tür müdahalelerin etkililiği test edilirken aile bütünlüğü, çift doyumu, ilişki kalitesi, evliliğin sürekliliği, çatışma düzeyi, aile üyelerinin yaşadığı stres düzeyi ve davranış bozuklukları gibi farklı sonuç değişkenlerinin ele alındığı görülmektedir. Araştırma bulguları, yeniden evliliklere yönelik müdahalelerin etkili olduğunu göstermektedir.

Anahtar sözcükler: Yeniden evlilik, karışık aile, müdahale

Introduction

While family is considered as the basis of society, marriage is considered as the basis of the family. While a healthy family is a determinant in the formation of a healthy society, a healthy spousal relationship is a determinant in the formation of a healthy family. Features such as communication between spouses in marriage, acceptance of differences, partnership, cooperation, role and power sharing, supportive and close relationship, commitment, desire to spend time together, and conflict resolution indicate the health of marriage (Canel 2011).

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Remarried Families

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Table of Contents Remarried Families

1. Understanding the eBook Remarried Families
 - The Rise of Digital Reading Remarried Families
 - Advantages of eBooks Over Traditional Books
2. Identifying Remarried Families
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Remarried Families
 - User-Friendly Interface
4. Exploring eBook Recommendations from Remarried Families
 - Personalized Recommendations
 - Remarried Families User Reviews and Ratings
 - Remarried Families and Bestseller Lists
5. Accessing Remarried Families Free and Paid eBooks
 - Remarried Families Public Domain eBooks

- Remarried Families eBook Subscription Services
- Remarried Families Budget-Friendly Options
- 6. Navigating Remarried Families eBook Formats
 - ePub, PDF, MOBI, and More
 - Remarried Families Compatibility with Devices
 - Remarried Families Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Remarried Families
 - Highlighting and Note-Taking Remarried Families
 - Interactive Elements Remarried Families
- 8. Staying Engaged with Remarried Families
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Remarried Families
- 9. Balancing eBooks and Physical Books Remarried Families
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Remarried Families
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Remarried Families
 - Setting Reading Goals Remarried Families
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Remarried Families
 - Fact-Checking eBook Content of Remarried Families
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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