

Instructor's Manual and Test Bank

for

Anderson and Sabatelli

Family Interaction

A Multigenerational Developmental Perspective

Fifth Edition

prepared by

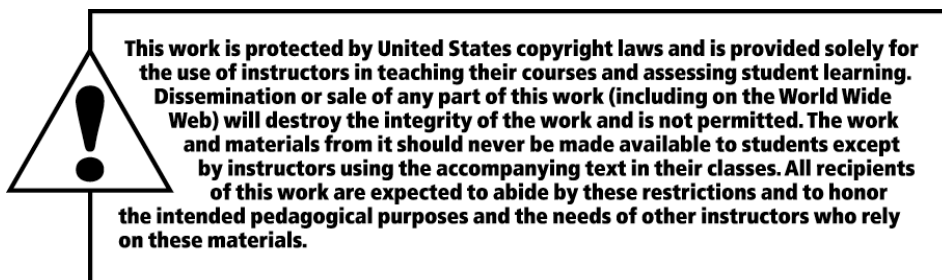
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Preface

This manual is a supplement to *Family Interaction: A Multigenerational Developmental Perspective*. It is intended to aid instructors in several ways. First, it provides a general overview of each chapter. Second, it lists the key terms found in each chapter. Finally, we have provided sample test questions for instructors to use in examining students' comprehension of the material. It is our hope that this will serve as a useful resource for those who have adopted the text for their classes.

We would appreciate hearing from you as to whether this supplement is indeed a useful tool.

Suggestions for future improvements would also be appreciated. We can be reached at the University of Connecticut, Department of Human Development and Family Studies, U-2058, 348 Mansfield Road, Storrs, CT 06269 or by e-mail at ronald.sabatelli@uconn.edu or stephen.anderson@uconn.edu.

Thank you for adopting this text for your course.

Chapter 1: The Family as a System

Chapter Overview: Focusing on family patterns of interaction requires a basic understanding of what is meant by the term “family.” This chapter will define the concept of family, and provide an overview of the central assumptions and core concepts that are basic to an understanding of families when considered as a system. Within a family-systems framework, families are defined as complex structures consisting of an interdependent group of individuals who (1) have a shared sense of history; (2) share emotional ties to one another; and (3) devise strategies for meeting the needs of individual family members and the group as a whole. Implicit in the use of the system metaphor to define families is the premise that they are structurally complex. Families are comprised of multiple subsystems, have common purposes and tasks that must be fulfilled, and must devise strategies for the execution of these tasks. Within this systems perspective, the assessment of family functioning revolves around a theoretical consideration of the common tasks that a family must fulfill and the effectiveness of the strategies devised for executing these tasks.

Key Terms

Adaptability: The capacity of the system to change its rules and strategies in response to situational or developmental stress

Boundaries: The concept used to delineate one system or subsystem from other systems or subsystems, or from the surrounding environment.

Covert rules: Rules that are implicit rather than openly stated but are nonetheless understood by all family members.

Family: An interdependent group of individuals who have a shared sense of history, experience some degree of emotional bonding, and devise strategies for meeting the needs of individual members and the group as a whole.

Family themes: Those elements of the family experience that become organizing principles for family life, including both conscious and unconscious elements as well as intellectual (attitudes, beliefs, values) and emotional aspects.

First-order tasks: The tasks that are common to all families regardless of their particular composition, socioeconomic status, and cultural, ethnic or racial heritage. Examples of first order tasks include the formation of family themes, the regulation of boundaries, and the management of the household.

Interdependence: The idea that individuals and subsystems that compose the whole system are mutually dependent and mutually influenced by one another

Metarules: Rules about rules.

Morphogenesis: Those processes operating within systems that foster systemic growth and development.

Morphostasis: Those processes operating within systems that resist changes in existing strategies.

Openness: The ease with which members and information cross the boundary from one system or subsystem to another.

Organizational complexity: The organizational structure whereby family systems are comprised of various smaller units or subsystems that together comprise the larger family system

Overt rules: Explicit and openly stated rules.

Rules: Recurring patterns of interaction that define the limits of acceptable and appropriate behavior in the family.

Second-order tasks: The responsibility that all families have for adapting their strategies and rules in response to stress, information, and change.

Strategies: The specific policies and procedures the family adopts to accomplish its tasks. Also the unique patterns of interaction that each family establishes to execute its basic tasks.

Stress: Information transmitted to the system about whether established interactional patterns require alteration.

Structure: Both the family's composition and its organization. Composition refers to the family's membership, that is, the persons who make up the family. Organization is the collection of interdependent relationships and subsystems that operate by established rules of interaction.

Wholeness: The idea that systems must be understood in their entirety, which is distinctly different than the simple sum of the contributions of the individual parts.

Test Questions

1.1 Which of the following statements is NOT true?

- a. Today the typical family is composed of a working father, a homemaker mother, and their biological children.
- b. Less than $\frac{1}{4}$ of all U.S. households are comprised of married parents and their biological children.
- c. Today, approximately one out of every four children in the U.S. is living in a single-parent family.
- d. Currently, divorce has replaced death as the most common endpoint for a marriage.

Answer: A *Page Ref.: 4*

1.2 _____ refers to both the family's composition and its organization.

- a. Wholeness
- b. Interdependence
- c. Structure
- d. Function

Answer: C *Page Ref.: 6*

1.3 The term _____ refers to the people in the family.

- a. structure
- b. wholeness
- c. composition
- d. interdependence

Answer: C *Page Ref: 6*

1.4 _____ refers to the fact that family systems are comprised of smaller subsystems.

- a. Organizational Complexity
- b. Structure
- c. Wholeness
- d. Interdependence

Answer: A *Page Ref: 8*

1.5 The husband/wife relationship and the parent/child relationship are examples of

- a. family functions
- b. family hierarchies
- c. family subsystems
- d. family themes

Answer: C *Page Ref: 8*

- 1.6 _____ is a term used to refer to the idea that a family is more than the simple sum of its members.
- a. Adaptability
 - b. Interdependence
 - c. Wholeness
 - d. Internal boundaries

Answer: C *Page Ref: 8*

- 1.7 The family system property of _____ is reflected in the assertion that a "change in one part of the family system reverberates throughout the rest of the system."
- a. wholeness
 - b. organizational Complexity
 - c. adaptability
 - d. interdependence

Answer: D *Page Ref: 9*

- 1.8 The fact that "Mom makes all the decisions in spite of the fact that Dad maintains that he makes all of the decisions" is an example of
- a. a metarule
 - b. a family function
 - c. a family theme
 - d. a family hierarchy

Answer: A *Page Ref: 10*

- 1.9 _____ refer(s) to the recurring patterns of interaction that define the limits of acceptable and appropriate behavior in the family.
- a. Family functions
 - b. Rules
 - c. Family themes
 - d. Adaptability

Answer: B *Page Ref: 10*

- 1.10 A(n) _____ rule is one that all family members know but one that is not openly stated or expressed.
- a. meta
 - b. overt
 - c. covert
 - d. dysfunctional

Answer: C *Page Ref: 10*

- 1.11 _____ is the term used to refer to the specific methods and procedures used within a family to accomplish its tasks
- Strategies
 - Themes
 - Adaptability
 - Meta-rule

Answer: A *Page Ref:* 10

- 1.12 _____ refer(s) to the family system's capacity to change its rules and strategies in response to situational or developmental stress.
- Covert Rules
 - Metarules
 - Strategies
 - Adaptability

Answer: D *Page Ref.:* 12

- 1.13 _____ refer(s) to those elements of the family experience that become organizing principles for family life.
- Covert Rules
 - Boundary Patterns
 - Family Themes
 - Organizational Complexity

Answer: C *Page Ref:* 12

- 1.14 Which of the following is NOT an example of an identity task?
- constructing family themes
 - gender socialization
 - regulating autonomy
 - establishing a satisfactory congruence of images

Answer: C *Page Ref:* 12-13

- 1.15 The formation of family themes and the regulation of boundaries are examples of
- second-order tasks.
 - family goals
 - first-order tasks
 - family adaptations

Answer: C *Page Ref:* 12

- 1.16 _____ refer(s) to the concept used to delineate one system or subsystem from other systems or subsystems.
- a. Boundaries
 - b. Adaptability
 - c. Interdependence
 - d. Organizational Complexity

Answer: A *Page Ref: 13*

- 1.17 When a family holds an image of itself that is incongruent with what outsiders consider to be true of the family, it can be considered a:
- a. family legacy
 - b. family myth
 - c. family theme
 - d. family strategy

Answer: B *Page Ref: 13*

- 1.18 _____ boundaries regulate the flow of information between the family and other social systems.
- a. Open
 - b. External
 - c. Permeable
 - d. Internal

Answer: B *Page Ref: 14*

- 1.19 _____ boundaries influence the degree of autonomy and individuality permitted within the family.
- a. Open
 - b. External
 - c. Permeable
 - d. Internal

Answer: D *Page Ref: 14*

- 1.20 _____ refers to those processes operating within systems that resist changes in existing strategies.
- a. Morphogenesis
 - b. Openness
 - c. Enmeshment
 - d. Morphostasis

Answer: D *Page Ref: 15*

1.21 _____ refer(s) to the processes operating within systems that foster systemic growth and development.

- a. Metarules
- b. Morphogenesis
- c. Morphostasis
- d. Stress

Answer: B *Page Ref:* 15

1.22 _____ refer(s) to information transmitted to the system about whether established interactional patterns require alteration.

- a. Morphostasis
- b. Stress
- c. Adaptability
- d. Strategies

Answer: B *Page Ref:* 15

1.23 How families adapt their strategies and rules in response to stress refers to which of the following family system concepts?

- a. first-order tasks
- b. organizational complexity
- c. wholeness
- d. second-order tasks

Answer: D *Page Ref:* 15

1.24 A "closed" or "rigid" family system

- a. makes adaptations when none are required
- b. is highly adaptable
- c. fails to make adaptations when they are required
- d. is organizationally simple

Answer: C *Page Ref:* 16

1.25 According to the text, judgments regarding family functioning are tied to

- a. the composition of the family
- b. family dynamics
- c. family tasks
- d. family support

Answer: B *Page Ref:* 17

Chapter 2: Family Strategies

Chapter Overview: This chapter focuses in depth on the concept of family strategies. Key to any effort to understand family patterns of interaction is an understanding of the relationship between family tasks and family strategies. Each family system shares a common core of tasks. Themes and identities must be developed. Internal and external boundaries must be established. The physical environment must be managed. The emotional environment must be regulated. And the family system periodically must be reorganized in response to ongoing stresses and strains. Each of these tasks requires the development of strategies and rules, and the specific strategies employed within a family system result from the dynamic interplay among a variety of historical, social, cultural/ethnic, and intergenerational family forces. It is important to understand that the strategies and rules employed to regulate each of these specific family tasks interdependently influence one another. This interdependent cluster of strategies and rules serves as the foundation for assessing the patterns of interaction and functioning observed within the family system.

Key Terms

Behavioral coping strategies: What the family actually does to manage stress.

Cognitive coping strategies: The perceptions and appraisals that people and families make with regard to specific stressor events.

Coping: The cognitive and behavioral problem solving strategies that are used to respond to a stressor event.

Coping efficacy: The adequacy of the efforts undertaken by the family to reduce stress.

Coping resources: Those properties, attributes or skills individuals, families, or societies have at their disposal when adapting to novel and demanding situations. Coping resources serve to minimize vulnerability to stress.

Disengaged: The concept used to describe systems' boundaries characterized by a high tolerance for individuality.

Enmeshed: The concept used to describe systems' boundaries characterized by a low tolerance for individuality.

Maintenance resources: The amount of time, energy and money that the family has available to accomplish its maintenance tasks.

Non-normative stressor events: Unexpected events that create unanticipated hardships and require adaptations or alterations in the strategies used by the system to execute some or all of its basic tasks.

Normative stressor events: The expected and ordinary developmental transitions affecting the family. Their key distinguishing features are that they are expected, occur regularly over time, and carry with them ordinary difficulties.

Permeability: The degree to which the family's boundaries are relatively open or closed.

Pile-up of stressor events: The total number of events, both normative and non-normative, that a family must contend with at any point.

Stress: The degree of pressure exerted on the family to alter the strategies it employs to accomplish its basic tasks.

Test Questions

- 2.1 The strategies employed within the family are the result of
- a. cultural forces
 - b. historical forces
 - c. family forces
 - d. all of the above

Answer: D *Page Ref: 21*

- 2.2 Which of the following statements is NOT true with respect to family themes?
- a. Family themes are in no way related to family functioning.
 - b. Family themes determine how family members are to view themselves.
 - c. Family themes may represent the family's strategy for attempting to control how others see the family.
 - d. Family themes help to determine how members are supposed to act towards others.

Answer: A *Page Ref: 21-22*

- 2.3 That the members of an Italian family believe that they are "supposed to have a zest for celebrating, loving and fighting" is an example of
- a. a family theme influenced by social class standing
 - b. a family theme grounded in an ethnic tradition
 - c. a family theme that has no consequences for family dynamics
 - d. a family theme that has little impact on the personal identities of family members.

Answer: B *Page Ref: 22*

- 2.4 Themes of rejection, retaliation, engulfment, abandonment, aggression, sacrifice, or helplessness are examples of themes
- a. derived from religious beliefs
 - b. derived from ethnic traditions
 - c. derived from unresolved issues in past generations
 - d. derived from an historical era

Answer: C *Page Ref: 22*

- 2.5 Which of the following is an example of a personal image?
- a. "All Smith's are smart."
 - b. "I am lazy."
 - c. "We assist those less fortunate than ourselves."
 - d. "The members of my family cannot be trusted."

Answer: B *Page Ref: 23*

- 2.6 Living vicariously through one's children may involve all of the following EXCEPT
- a. Parents are highly invested in controlling how children are viewed by others.
 - b. Parents derive a sense of worth and accomplishment through their children's actions.
 - c. Children are pressured to fulfill the dreams and expectations of their parents.
 - d. Parents pressure their children to become just like them.

Answer: D *Page Ref: 24*

- 2.7 _____ refers to the degree to which the family system's boundaries are relatively open or closed.
- a. Enmeshment
 - b. Disengagement
 - c. Permeability
 - d. Flexibility

Answer: C *Page Ref: 25*

- 2.8 A high degree of dependence on one another and relatively little privacy characterizes which type of internal boundary?
- a. disengaged
 - b. permeable
 - c. flexible
 - d. enmeshed

Answer: D *Page Ref: 26*

- 2.9 When boundaries are structured in a _____ way, the strategy of the system is to promote the expression of autonomy.
- a. disengaged
 - b. permeable
 - c. flexible
 - d. enmeshed

Answer: A *Page Ref: 26*

- 2.10 According to Olson, optimal family functioning is more likely to occur when families
- a. are structured in enmeshed ways
 - b. are structured in disengaged way
 - c. are structured to achieve a balance between enmeshment and disengagement
 - d. are structured in enmeshed and permeable ways

Answer: C *Page Ref: 27*

2.11 The _____ strategies that evolve in a system reflect the priorities of the system and involve decisions about the use of resources.

- a. maintenance
- b. boundary
- c. conflict-management
- d. nurturance

Answer: A *Page Ref: 28*

2.12 Within "underorganized" systems

- a. maintenance strategies are highly structured.
- b. the family inevitably becomes dysfunctional
- c. maintenance strategies are flexible and often inconsistent
- d. family members are disengaged and highly autonomous

Answer: C *Page Ref: 28*

2.13 The management of the emotional climate of the family involves the evolution of strategies for

- a. nurturing and supporting family members
- b. building family cohesion
- c. managing conflict and tension
- d. all of the above

Answer: D *Page Ref: 30*

2.14 _____ requires the creation of strategies that distribute power in ways that allow family members to feel positive about their involvement in the family.

- a. Building family strengths
- b. Building family cohesion
- c. Managing conflict and tension
- d. Creating flexible boundaries

Answer: B *Page Ref: 31*

2.15 _____ is the legitimate use of power.

- a. Authority
- b. Domination
- c. Control
- d. Coercion

Answer: A *Page Ref: 31*

2.16 Power can be thought of as existing on a "legitimacy" continuum. At one end of the continuum is _____ and at the other end of the continuum is _____.

- a. authority/legitimacy
- b. domination/coercion
- c. authority/domination
- d. domination/control

Answer: C *Page Ref:* 31

2.17 _____ is an example of a conflict management strategy that may minimize the disruptive effects of conflict but not allow vital information to enter the family.

- a. Coalition formation
- b. Triangulating
- c. Denial
- d. All of the above

Answer: C *Page Ref:* 32

2.18 In general, _____ strategies involve displacing the conflictual feelings toward one person onto another person, often one perceived as less threatening such as a child.

- a. healthy conflict-management
- b. denial conflict-management
- c. expressive conflict-management
- d. detouring conflict-management

Answer: D *Page Ref:* 32

2.19 From a family system's perspective, stress

- a. is necessary in order for the system to continue to function effectively
- b. has negative consequences for family system functioning
- c. only occurs when the family is going through periods of transition and change
- d. all of the above

Answer: A *Page Ref:* 33

2.20 _____ include patterns of relating and functioning that are transmitted from generation to generation within the family system.

- a. Normative stressors
- b. Horizontal stressors
- c. Vertical stressors
- d. Non-normative stressors

Answer: C *Page Ref:* 34

2.21 _____ is a term used to refer to the demands placed upon the family system as it moves through time.

- a. Normative stressors
- b. Horizontal stressors
- c. Vertical stressors
- d. Non-normative stressors

Answer: B

Page Ref: 34

2.22 Jamal and Louise have an emotionally distant marriage, and both of their families of origin were disengaged. They tended to lean on their daughter, Andrea, for emotional support instead of each other. When Andrea announced her engagement, her parents felt like she was abandoning them, and acted rudely towards her fiancé. Andrea herself felt guilty for leaving, but also angry that her family was not supporting her. In this example, Andrea's engagement could be labeled as a _____ stressor, and the resulting distress in the family is caused by _____ stress.

- a. vertical/vertical
- b. vertical/horizontal
- c. horizontal/vertical
- d. horizontal/horizontal

Answer: C

Page Ref: 34-35

2.23 Which of the following is an example of a normative stressor event?

- a. the birth of a child
- b. the loss of a home in a fire
- c. the unexpected death of an infant
- d. all of the above

Answer: A

Page Ref: 34

2.24 Which of the following is an example of a non-normative stressor event?

- a. the birth of a child
- b. the loss of a home in a fire
- c. the death of an elderly family member
- d. all of the above

Answer: B

Page Ref: 34

2.25 The total number of stressor events that a family must contend with at any point in time is

- a. referred to as a pile-up of stressor events
- b. unrelated to the coping efforts employed within a family
- c. has nothing to do with the degree of distress experienced within a family
- d. usually limited; that is families usually get to deal with one event at a time.

Answer: A

Page Ref: 35

- 2.26 _____ refers to the cognitive and behavioral problem solving strategies used to respond to a stressor event.
- Morphostasis
 - Morphogenesis
 - Coping
 - Coping efficacy

Answer: C *Page Ref: 36*

- 2.27 _____ refer to the perceptions and appraisals that people make of specific stressor events.
- Cognitive problem solving strategies
 - Behavioral problem solving strategies
 - Change-promoting feedback strategies
 - Change-counteracting feedback strategies

Answer: A *Page Ref: 36*

- 2.28 _____ refer to what a family actually does to manage stressor events.
- Cognitive problem solving strategies
 - Behavioral problem solving strategies
 - Change-promoting feedback strategies
 - Change-counteracting feedback strategies

Answer: B *Page Ref: 37*

- 2.29 _____ refer to those properties, attributes or skills individuals, families or societies have at their disposal when adapting to novel and demanding situations.
- Coping strategies
 - Coping resources
 - Coping behaviors
 - Coping skills

Answer: B *Page Ref: 37*

- 2.30 _____ refer(s) to the adequacy of the efforts undertaken by a family to reduce stress.
- Coping resources
 - Coping strategies
 - Coping efficacy
 - Coping efforts

Answer: C *Page Ref: 38*

- 2.31 Conceiving a "substitute" child to replace a child lost prematurely to a chronic illness is an example of
- a. an ineffective coping strategy
 - b. a behavioral coping strategy
 - c. an effort to reduce the level of stress within the family
 - d. all of the above

Answer: D

Page Ref: 38