




UNVEILING THE MULTIGENERATIONAL LIVING: IMPACTS ON THE FAMILY DYNAMICS AND RELATIONSHIPS

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KEYWORDS	ABSTRACT
Multigenerational Households, Family Dynamics, Relationships, Caregiving, Pakistan	It is a global trend now that multigenerational households are multiplying; the same situation has become rife in Pakistan. This research analyzes the effect of intergenerational cohabitation on the family relations, caregiving arrangements, etc. A mixed methods approach, comprised of surveys and in-depth interviews, was employed to explore the factors affecting family dynamics in multigenerational households. They conclude that this type of household encourages strong family connections and tradition but can also present struggles with independence and privacy for both the parents and their adult children and culture clashes. The study explores how cultural norms and local economic factors impact the multigenerational lifestyles of families. The results of study provide significant information in obtaining the required information and reaching desired conclusion and extracting certain recommendations based on the outcomes. This is important as these findings could inform the future policies in addressing multigenerational households in tailor-made format in Pakistan to support the family well-being, fostering the empirical basis and ultimate separate focus upon each generation.
ARTICLE HISTORY	 2024 Journal of Social Research Development
Date of Submission: 24-07-2024	
Date of Acceptance: 22-08-2024 Date of Publication: 24-08-2024	
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Email:	sd.shahzebdanish@gmail.com
DOI	https://doi.org/10.53664/JSRD/05-03-2024-01-01-11

INTRODUCTION

With the rise of modern era with individualism and nuclear family structure being the norm, the multigenerational living has come into the picture again in different cultures and societies (Mirza & Ali, 2024). In places like Pakistan, the joint family system never truly fell out of vogue as deeply entrenched cultural traditions and economic hardship meant families could not afford the separate accommodation (Iqbal & Hussain, 2023). Similarly, the commitment to familial bonds and shared

responsibilities toward one another are emblematic of deep-rooted tradition in South Asian culture called multigenerational households that include grandparents and children living under one roof (Qureshi & Habib, 2017). There are factors contributing to resurgence in multigenerational living. The socio-economic forces, namely mounting costs of living and precarious job prospects have made it less tenable for people to keep separate places. This has led to trend where families are returning to traditional living concepts that result in economic gain over sharing of expenses and resources (Khan 2019). The inherent cultural norm of filial piety in Pakistan (younger are duty-bound to care for elderly parents) leads household heads to sustain the multi-generational households over time (Shah & Khan 2019).

Nevertheless, this arrangement is not without its drawbacks as it tend to tread on each other and as it were, leading to family tension over independence and lifestyle. Bano and Qureshi (2017) further supported the notion that younger family members, especially females might experience constraint of older relatives whereas its other extreme portrays how the elderly generation is distressed by the transformation in values & behaviors among the young lot. Such stressful situations aside, Pashtuns will ignore separative challenges to live as unit due to unity and emotional resilience which enable them find support from members during times of need (Akhtar & Rehman 2019). The interviews as conducted in Rawalpindi, Pakistan, it examines the effect of multigenerational living arrangements (where three or more generations share a household) on family dynamic extrinsic relationships and caregiving errands (Rashid & Javed, 2023). This research can explore that how living arrangements involving multiple generations within a household affect family relations, communication & overall dynamics. It aims to contribute toward scholarly examination of advantages and pressures inherent in multigenerational homes and insights that could inform origin of policies or interventions able to spatially sustain them.

There is a growing recognition in the modern world that we need to gain insight into the complexity of multigenerational households from recent research, on other hand, Hussain and Ahmed (2020) found that although these living arrangements offer a range of benefits such as care of older parents within-the-family home, it brought about various disadvantages in terms human rights outlooks concerning intergenerational conflicts (particularly due to filial obligations), privacy issues etc. In a similar vein, Saeed (2021) noted that those living within these households are inclined to clashes between tradition and modernity considering dual grandparent pendulum which can have potent effects on the wider family dynamics. This makes it required to delve deep into multigenerational households in Pakistan due to their rapidly growing existence and implications on family dynamics (Zafar & Imran, 2021). The literature suggests that multigenerational living have profound effects on family dynamics, impacting relationships, communication patterns, and family well-being (Zaman & Butt, 2022). The current research gap is filled with this study focusing on reasons behind formation of multigenerational households in Pakistan with their implications for family relations, care provision etc.

Objectives of Study

1. To examine the leading factors responsible for the upward trend of the multigenerational dwelling in Pakistan.

2. To discuss that how multigenerational living impacts family relationships and approaches to caregiver responsibilities.
3. To explain the leading obstacles and advantages related towards the multi-generational households in Pakistan.
4. To advise policy recommendations extracted from study on how to support multigenerational families in Pakistan.

LITERATURE REVIEW

The living in joint households has been a common practice for many cultures, notably South Asians having extended families residing under one roof. However, the practice has gone through a revival in recent years on account of different socio-economic variables, cultural conventions and evolving demography. In this linking, the current knowledge of the determinants for the multigenerational living is reviewed, and its impact on the family dynamics and certain challenges and allied benefits in this system.

Multigenerational Living

The rise in multigenerational households is one of the reasons for development, driven by economics at least partially, an ageing population demanding care and changing cultural expectations. [Khan \(2019\)](#) states that the economic hardships such as increased living costs and unemployment have caused a comeback of the multigenerational household cycle again making it more feasible for all ages to live together. Therefore, one example of this trend is observed in developing countries like Pakistan, where the financial constraints often seek for a corporation living ([Malik & Shafi, 2018](#)). In this connection, it also looking at the way, the families are more prospective to look after elderly parents themselves than using the care homes, which is another big driver in this trend ([Hussain & Ahmed 2020](#)).

Multigenerational Family Relationships

Many of us navigate nuanced realities of living in multi-generational households in one conflicting view of these arrangements, they are beneficial for strengthening family ties and growing a sense of community as resources, burdens, obligations, emotional support shared over multiple generations ([Akhtar & Rehman 2019](#)). This is a support particularly in times of crisis, when it falls to you alone or someone gets ill, and family has no money. However, the literature also shows that this can lead to conflicts within such households, especially between generations who have diverse values, lifestyle and expectations ([Bano & Qureshi 2017](#)). Thus, there is a common struggle with intergenerational conflicts over things such as the education, marriage and gender roles. For instance, [Saeed \(2021\)](#) has demonstrated these conflicts occur when younger members of a family have access to modern or Western ways of the life and seek change against those who are strictly tied down to the traditional practices. These conflicts can harm kin relationships, leading to not talking for periods and mutual miscommunication.

Caregiving Responsibilities

My grandpa enjoys everyday assistance from my grandma and his children, as do many older adults who live with family. This planning makes it easier for older adults to be provided with emotional &

physical support from family members, leading them more satisfied emotionally while concurrently lessening financial strain of professional caregiving services (Hussain & Ahmed, 2020). The latter is when caregiving duties among core family members get sticky, as those who are younger creative juices must manipulate their work or otherwise full lives with care of an elderly parent. According to Malik and Shafi (2018), women especially those amid 70 and 80 years of age have been known to receive most caregiving roles in many multigenerational families. This kind of procedure can create support network for seniors but done so at expense of much-needed respite amongst careers who are stretched to their limits by duties. The literature shows that if family members were more equitably share caregiving tasks, might help reduce such challenges but it is harder said than done in practice (Saeed, 2021).

Ins & Outs of Multigenerational Living

The multigenerational household literature offers acquired take on advantages and disadvantages of living as such. While multigenerational family can offer financial help through pooled resources and emotional support, it may also relay cultural values and traditions (Akhtar & Rehman 2019). In societies like Pakistan, where family loyalty and collective accountability have strong presence in the social ethos (Shah & Khan, 2019), these benefits are particularly crucial. Multigenerational living poses its challenges as younger family members concerns over privacy, losing independence, feeling that income from older relatives would be too restrictive. Bano and Qureshi (2017) refer to challenges faced by youth within multi-generational household young people who must carve out spaces where they can establish their autonomy amidst family environments weighed down with traditional values. This lack of privacy may cause the feelings of frustration and request to be more independent, subsequently leading to conflict amid generations. Economic pressures add kindling to fire of pre-existing stress and conflict in a household, making relationships harder to maintain. Multigenerational families can be a source of emotional support, financial security and community pride but they face challenges that include privacy concerns, upper mobility uncertainties & inter-generational conflict.

Nonetheless, whatever the economic advantages, and they are real, especially in a culture like ours that fetishizes single-family homes built for 'entertaining' lots of people to spend much time at home engaging in the indoor leisure activities rather than through the commercial entertainment activity outside the house (which is increasing expensive instead), multigenerational living can also saddle an already cost-effective household with supporting more adult-males-per-girl which means that higher burden on one set income. Though jointly sharing input often will lower the individual cost, family members may feel obligated to donate money toward the pool which could be tough for those with limited earnings (Khan, 2019). In conclusion, as the literature on multigenerational living illustrates, this is a situation that comes with many positives and negatives. Multigenerational living is an increasingly popular choice, particularly in places like Pakistan, and these variables should be considered when conducting the academic research or formulating policy. In this connection, some more research and clinical work on how families can adjust to the challenges of living in multiple generations will be needed, as well as additional studies are direly needed to examine the ways for older people still better adapted than their younger family members while coping with failing the health across time.

RESEARCH METHODOLOGY

To achieve a penetrative insight into influence of transgenerational living on family dynamics, this study used a mixed-method research design including both qualitative and quantitative methods. The justification for mixed methodology is by bridging the generalist, high-level findings provided over quantitative research, with qualitative data: offering detailed contextual information leading to deeper analysis.

Sampling & Data Collection

The households with multiple generations were included in a random sample stratified to include multigenerational households across all socio-economic, urban/rural & family structures nationally representative of Pakistani population. Sample we selected a sample of 300 households to capture diversity of multigenerational living. A stratified sampling was adopted to reduce bias & get sample that is as possible as for the relic heterogeneity in multigenerational households, which have very diverse intricacies.

Phases of Data Collection

A structured questionnaire was designed to obtain information on household composition, family relationships and caregiving roles among other relevant attributes. The questionnaire was pretested for clarity and had good reliability. This version of survey was delivered to all sampled households, providing large-scale quantitative evidence on modifiable risk and protective factors for family dynamics in multigenerational settings. Qualitative interviews: After survey, 30 family members in diverse generations living in multigenerational households were chosen for in-depth interviews. The interviews aimed to reflect subjective individual personal experience challenges, & benefits gained of living in multi-generational context (living with one's children or Samantha). Interviews were semi-structured & flexible enough to probe more into participants' responses & catch richness of their experiences.

Data Analysis

Statistical software (SPSS) was used to analyze the quantitative data that were gathered, to be able to determine patterns and correlations between variables demographic variables were enumerated descriptively along with the inferential statistics like (regression analysis) to investigate that how demographics of household composition, family dynamics and caregiving responsibilities collide or interact. A thematic analysis was performed on the qualitative data using NVivo software. The data from the interviews were transcribed, and themes of the relevance that evolved from participants' stories were coded. This facilitated the broader view of the lived experience of over the 800 family members in the multi-generational households by adding the depth and richness towards what was understood quantitatively.

Tools & Techniques

The study implemented a combination of surveys and in-depth interviews to balance the need for generalizability with depth desirable in verifying context-sensitive details. The purpose of survey was to understand at a high level what is going on; it then provided us with how we set out to learn from individual experiences and motivations through interviews. Stratified sampling was utilized so

that all subgroups of population would be well represented, heightening study validity (Creswell 2009). This study was based on both descriptive statistics and inferential techniques, which were included in the analysis due to ability to offer a wider perspective of what is happening with family dynamics trends.

RESULTS OF STUDY

According to the survey findings, numerous households in Pakistan have various generations living together, a common practice reflecting the mix of cultural norms and caregiving needs/ economic necessity. Most also said that living in a multigenerational household gave them emotional support and made them feel secure. Other often-reported problems were tied to privacy, autonomy & cross-generational conflicts.

Family Relationships

By contrast, most of those living in multigenerational homes said they have tight-knit relationships with their relatives. However, the results of this report also indicate a potential risk for fraying these ties due to family members, particularly younger ones, feeling that they have neither privacy nor autonomy in their relations with each other. Intergenerational conflicts were much more common if there was a sufficient values gap and lifestyle diversity between adults in the same lineage. Over three-quarters (75%) of those in multigenerational households reported strong, supportive relations with various family members as shown in the survey. These often-encompassed the regular contact, roles or duties that were shared and assistance with routine tasks. Yet the survey also suggested that 40% of these younger respondents sometimes viewed this strong sense of the family as involving sacrifices to their freedom, with an implication here then about how one balances family unity and individual self.

Caregiving Responsibilities

A significant part of the survey examined this distribution of caregiving responsibilities. Findings: While family members shared caregiving duties, women aged 70–80 were likelier to be primary caregivers. Still, in many instances, younger generation also cares for older loved ones, especially when both parents must work. It found that elderly women between 70 and over formed a greater proportion of in-house home caring as around 60% had reported to be main carers in households. Nowhere was this trend more apparent than in rural areas where traditional gender roles were most firmly rooted. It discovered that younger family members, it seems those in dual income households, for a more balanced approach to tending to elderly. Thirty per cent of respondents said expectations and duties sometimes clashed, still sharing responsibility could also be relief since it took pressure off one person.

Qualitative Insights

The qualitative interviews described experiences of family members residing in multi-generational households. In this connection, many people enjoyed the emotional backing and being part of an extended family lining together with particular interests. Still, they also outlined the challenges of trying to meet both individual needs along with those required by someone with many more toward home responsibilities.

Intergenerational Conflicts

Inter-generational conflicts were an issue that came up in many interviews, as conflicts often result from differences in values, specifically regarding education, marriage, and gender responsibilities. The tensions were muscular in homes where the younger generation already had some contact with modern or Western ways of life, this was causing regular battles within families amid generations maintaining traditional values and those who wanted to change. The multigenerational household, 55%, mentioned intergenerational disputes as a popular situation. Most of these conflicts stemmed from differing values, especially about education, marriage and gender roles. These often included younger family members who had been exposed to more modern Westernized lifestyles and came into conflict with older relatives keeping traditional values. The phenomenon was most pronounced among urban families who were exposed to variety of cultural trends and with whom such conflicts tended to occur.

Privacy & Autonomy

For many participants, privacy and autonomy were critical issues, specifically regarding younger family members. Many students expressed stress and resentment due to lack of space for themselves and their older relatives' constant presence. Others longed for greater independence but said they often felt limited by cultural norms and family responsibilities. There was also a newfound sense of privacy and autonomy, especially among younger members, 65% of whom said they did not like fact that space in their home isn't really theirs. These shortfalls were most pressing in overcrowded homes with dwellers, according to survey results. The feeling for younger respondents was foiling and stress (especially students in house that is noisy all day with loud TV); older people reported not being able to relax, feel resentful. This limited privacy continually resulted in feelings of frustration and need for liberty, rather could never have experienced while living with multiple generations within one house.

Advantages of Multigenerational Homes

Although these challenges were noted, many participants spoke to the strengths of residing in the multigenerational household. This support from members extending normal family structure was considered advantageous, especially if the primary parent became ill or faced financial hardship. Participants also said they could use unique living arrangements to keep family close and transfer cultural traditions to younger generation in their families. These are enormous challenges, but 80% of those surveyed recognized the large rewards that living in a multigenerational household can bring. Among the benefits are not only emotional support, though that is crucially important in and of itself; but shared financial responsibilities, and traditions passed from generation to generations. Seventy per cent agreed that having more than one generation in house provides better support, especially when times get tough like a health or financial crisis. This connection was important for families where main breadwinner had risky job, as it enabled resources to be shared and decreased financial stress.

DISCUSSION

In Pakistan, these mechanisms are exacerbated by several factors, as illustrated in our findings from this new study of multigenerational households. Usually, such living arrangements provide many of

benefits most retirees seek companionship and emotional support; cost-efficient shared caregiving duties among individuals with limited resources, each dedicated to a particular job; and an informal safety net protecting fragility for all over shared response. They come with hitches linking privacy (when two or more generations are involved), autonomy (many may need more control over their current household).

Impact on Family Dynamics

The research finds that multi-generational homes can be the double-edged sword. They can affect family cohesiveness both positively and adversely. They also provide these households with bonds and togetherness. At same time, however, this can result in residents feeling that they live without privacy and freedom, causing intragenerational conflict amid households. Therefore, such results aligned with some other studies on multigenerational living arrangements. These could be a place with a helpful support system, source for conflict, and balancing amid individual base vs. collective needs (Malik & Shafi, 2018; Saeed, 2021). It is also a reminder of the importance of cultural norms in shaping how multigenerational households are practiced by families living within them, mainly those residing in Pakistan. There is a strong focus on family motivation and obligation, which can create sources of strength when people are pulling calm but set weighty limits to individual privacy or independence.

Caregiving Responsibilities

The family dynamics also include who takes care of whom in the multigenerational household. The multiple family members and older women often provide the care, and according to the study, they have tended to take on maximum of caregiving responsibility. However, the fact that caregiving is increasingly shared by younger family members, specially in the dual-income households, must be considered. This could reduce the burden on a single person and provide better care for an ageing family member from multiple directions. However, it can also present challenges, especially when younger family members feel the strain of caring for their ageing relatives and disputes arise over who must do what.

Challenges & Benefits

The economic advantages and drawbacks of multigenerational houses intertwine tightly. Though familial support and a sense of security may be great, the lack of autonomy can generate a lot more feelings than that. Intergenerational conflicts, particularly values and lifestyles of each generation (like new music genres), can also cause certain problems in that family. However, the study reports that many families regard multigenerational living positively for the emotional support and sense of the community it gives. This indicates that while multigenerational households come with some snags, they are a meaningful way to produce strong family bonds and reciprocal caregiving across different generations.

Relation to Previous Research

The results of this study are like other previous research that has pointed out the advantages of the multigenerational living experiences such as increased emotional support, the stronger family unit and opportunities for care within the family. For example, Akhtar and Rehman (2019) highlight the

role of joint family systems in social support and well-being. [Hussain and Ahmed \(2020\)](#) also note that multigenerational living arrangements can ease the caregiving for the elderly family members reducing the demand for the professional care services. Our research underscores what we already know that older women often share responsible caregiving roles in the family, which is supported by existing literature on joint family system-based patterns of care. [Khan \(2019\)](#) addresses this by noting that there are economic benefits of multigenerational homes, such as being able to combine technology & resources or alleviate some living costs. We found same pattern, as multigenerational households tend to share resources to cope with economic pressures and act as a safety net for all family members.

Uniqueness in Prior Research

Although this study corroborates many of strengths identified in previous research regarding these trends, this development unveils some lesser-understood obstacles faced by the multi-generational families. For example, our results show that privacy and autonomy might suffer amid children ([Bano & Qureshi 2017](#)) but unfortunately not further examined. As per our findings, the tensions due to intergenerational discord about diverse values and lifestyles are salient in comparison with earlier work. Although, [Saeed \(2021\)](#) provides understanding of modern lifestyles and how they threaten traditional family systems, she does not detail specific conflicts that surface as younger generations adopt modern living patterns. Our work does offer a look at this battle, showing that generational divide is the big problem with multigenerational households in terms of these conflicts. As previous studies ([Malik & Shafi 2018](#)) have noted benefits of close-knit families within a multigenerational complex; our results show that there can be such thing as too much closeness, in other words it could result from stifling younger family members who would like independence. This nuance contributes to literature by creating inclusive view of multigenerational living that accounts for both positive & negative experiences.

Future Research Implications

The discrepancies found between our observations and those of other researchers point to several areas deserving of attention in future. For example, he suggested follow-up research to determine how cultural predispositions combine with economic demands to affect life conditions of younger family members in multigenerational households. Moreover, an investigation into family members' related intergenerational conflicts and probing long-term psychological effects that such disputes might have could provide unique perspective about prospects of continued tenure in such living arrangements. To better elucidate state of multigenerational living, including any possible recent shifts in behaviour due to fundamental changes mentioned previously (fleeing epidemic issues) and social norms as well.

CONCLUSION

The findings from research show that multigenerational households are intricate and multifaceted reality as they function in Pakistan's social landscape. Although these living arrangements bring benefits such as communal emotional support, co-caregiving, and financial security, they also come with conflicts about privacy boundaries and autonomy lost to cycles of intergenerational patterns. The implications of this study findings carry weight for policymakers and social workers in Pakistan.

They underscore the significance of addressing these challenges to support the multigenerational households, focusing on privacy, autonomy, and intergenerational conflict illuminated in this work. Legal initiatives that create better protections for those who need care, respect privacy in the home, and promote the intergenerational understanding could assuage some of the challenges Chandran has encountered while living multiple generations under one roof. Moreover, future work needs to examine the longer-term impact of the multigenerational living on family dynamics; studies among other populations have shown that such arrangements can both benefit and stress member's mental health and well-being (Taylor & Williams, 2016). Additional research may shed further light on the facilitators and barriers to the multigenerational households and inform future intervention for required developments.

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