

Building **Stronger** Families



RESEARCH
Education Pack

OVERVIEW

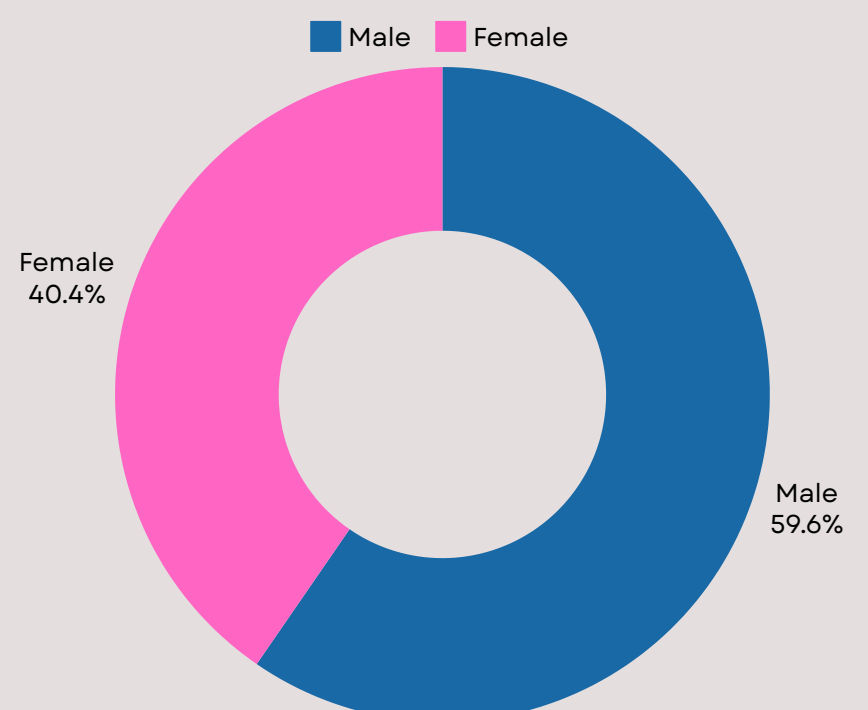
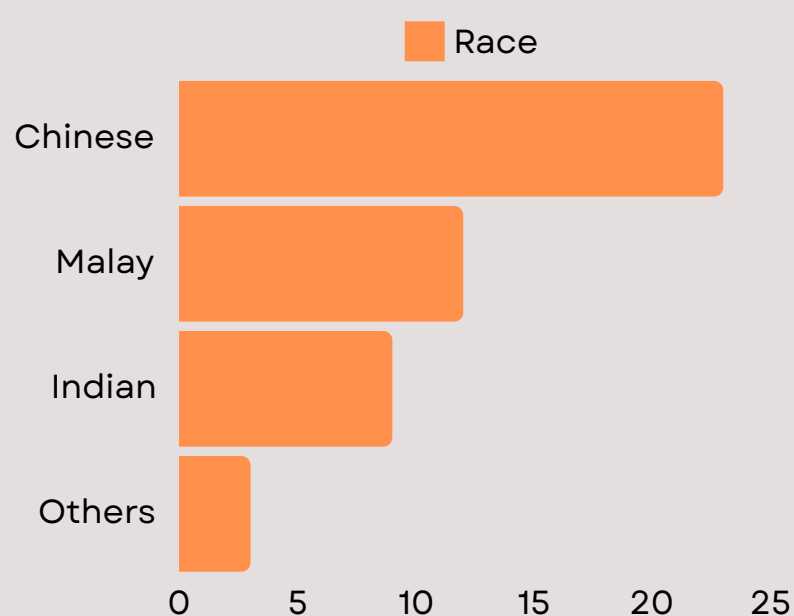
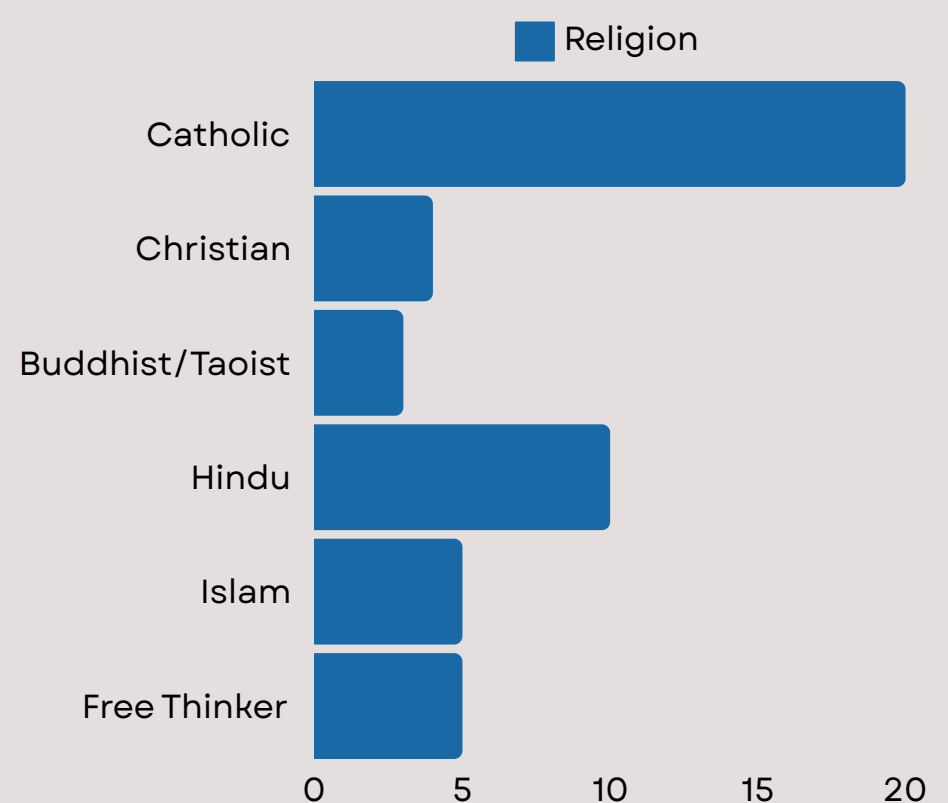
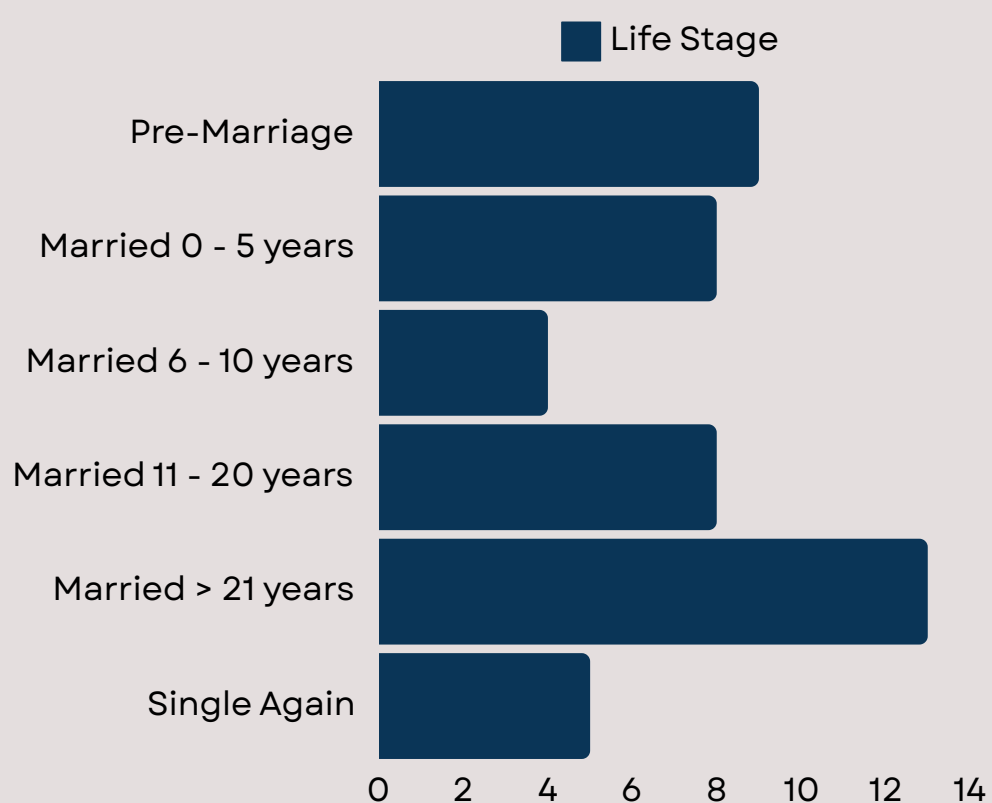
With the aim of exploring the question of “How can we support and strengthen the family unit in Singapore?”, Catholic Family Life has embarked on this research study to:

- (a) understand factors that can strengthen and threaten Singapore families,
- (b) understand the unique state of families at different stages,
- (c) assess the current resource pools for family strength in Singapore,
- (d) create resources on how to build strong families in Singapore based on our research findings.

There were over 2,500 participants from 2021 - 2024 for CFL's Phase 1 and Phase 2 studies.

PHASE 1 (QUALITATIVE)

- 47 Interviews
- Participants varried from pre-marriage, 0-5 years, 6-10, 11-20, > 20 years married, and Single Again.
- Religion (Catholic, other Christians, Hindu, Muslim, Buddhist, Freethinker)
- Ethnic Groups (Chinese, Malay, Indian)
- Gender



INSIGHTS ON STRONG FAMILIES

BEHAVIOUR

- Spends lots of quality time
- Has shared and specific responsibilities
- Looks after their (grand)children
- Has warmth and care

VALUES

- Guided by faith / spirituality
- Has shared ethical values
- Thinks on behalf of each other
- Sticks together despite difficulty challenges
- Does not take each other for granted

DOES THINGS TOGETHER

- Engage in common interests/activities outside together
- Working on a nurturing life that supports each other

SUPPORTS EACH OTHER

- Intimately knowing spouse
- Believing in nurturing a relationship that supports life together

ATTITUDINAL APPROACH

- Support and understanding
- Teamwork
- Shared Goals
- Centred in values
- Faith in God / Religion



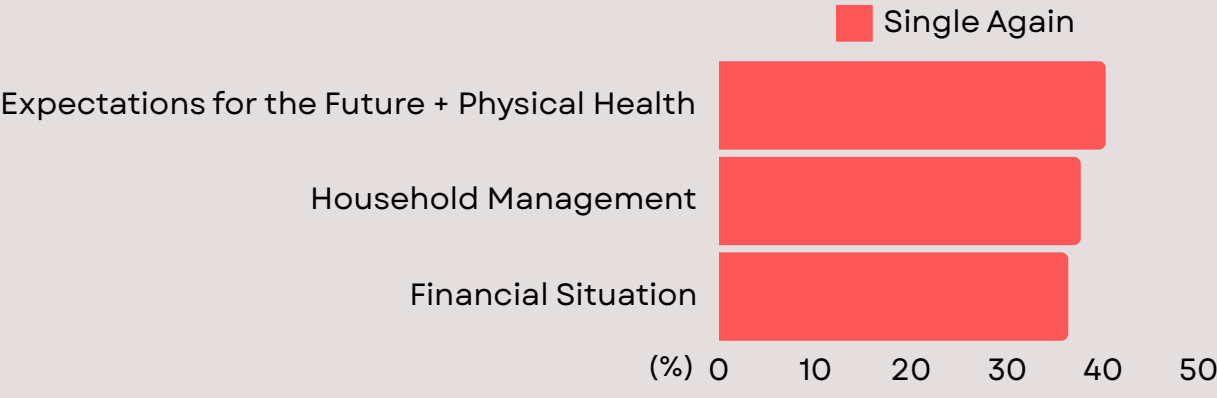
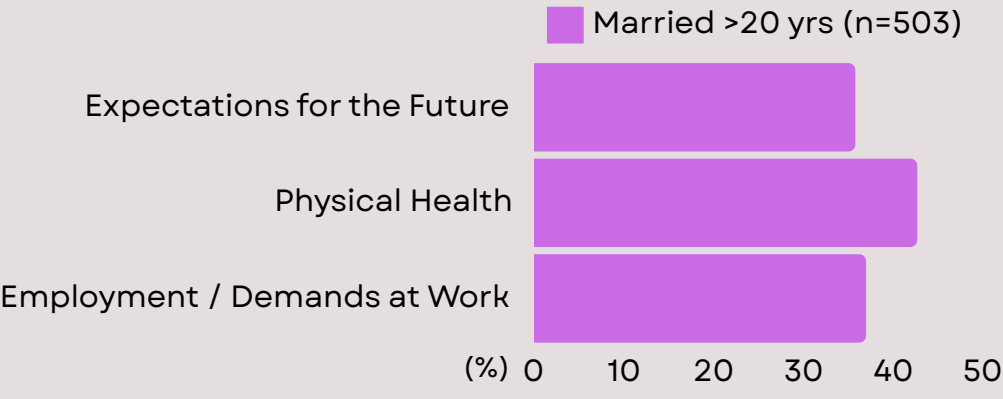
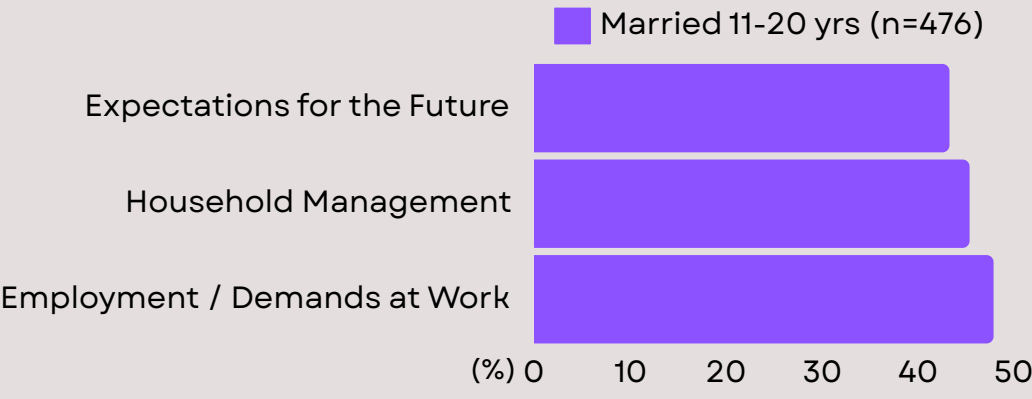
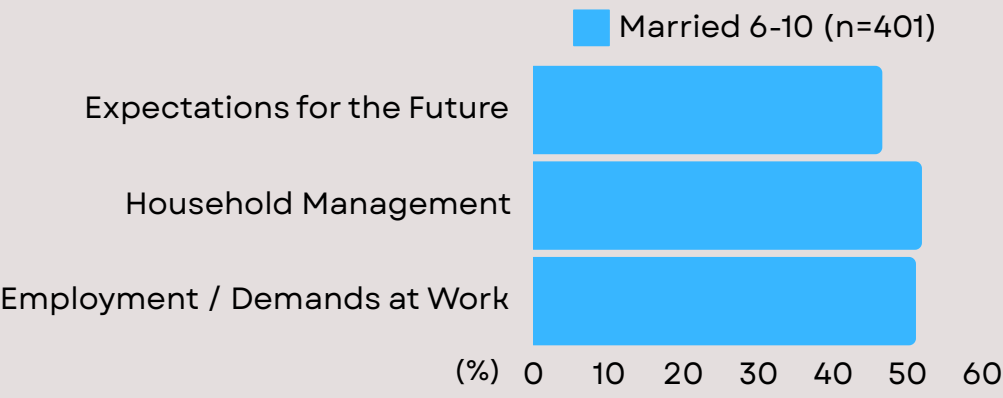
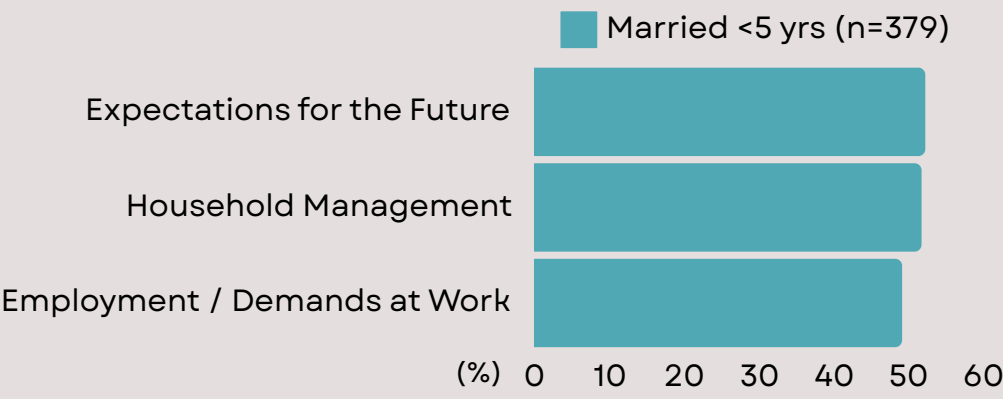
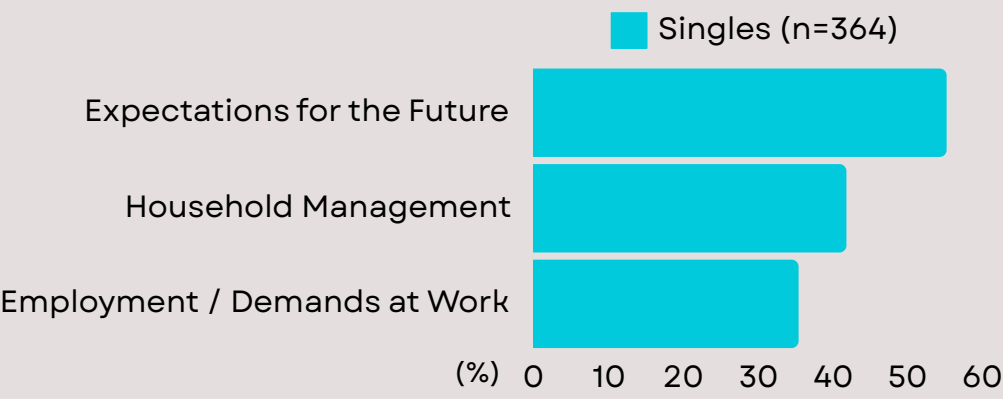
PHASE 2 (QUANTITATIVE)

- 2,589 surveys
- Participants varried from Family Stages, Religion, Ethnic Groups, Housing Type.
- Average age of participants were about 42 years, evely split between male and female, 3/4 room HDB dwellers, with 1.22 Children.



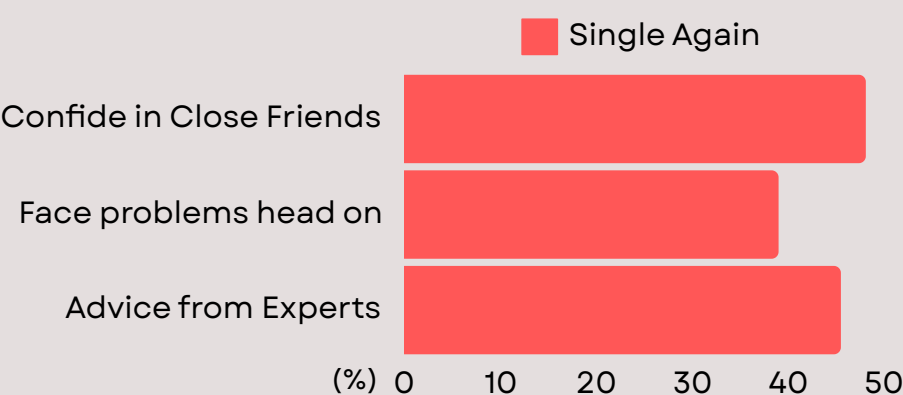
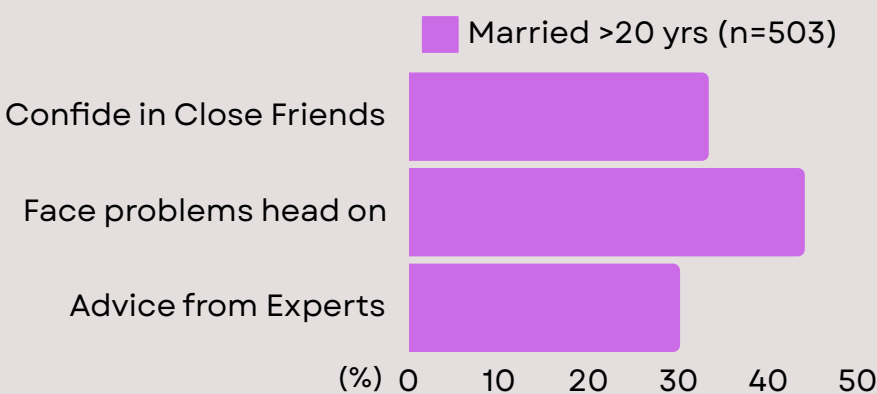
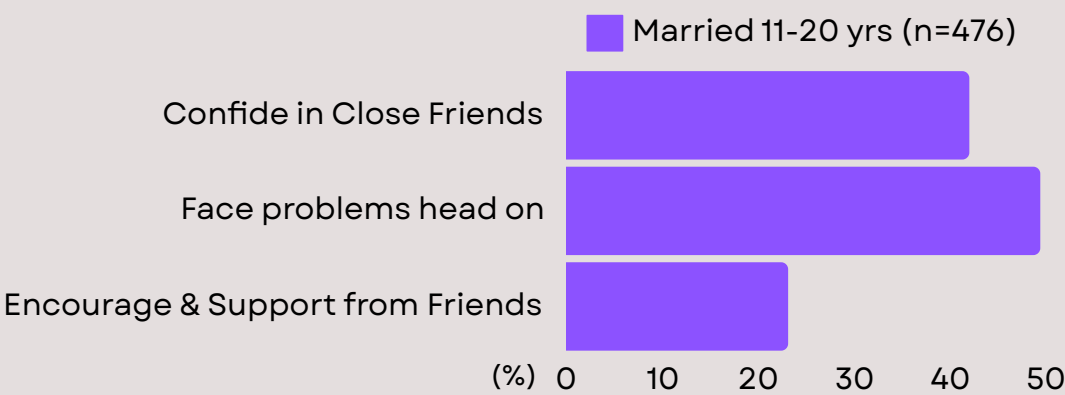
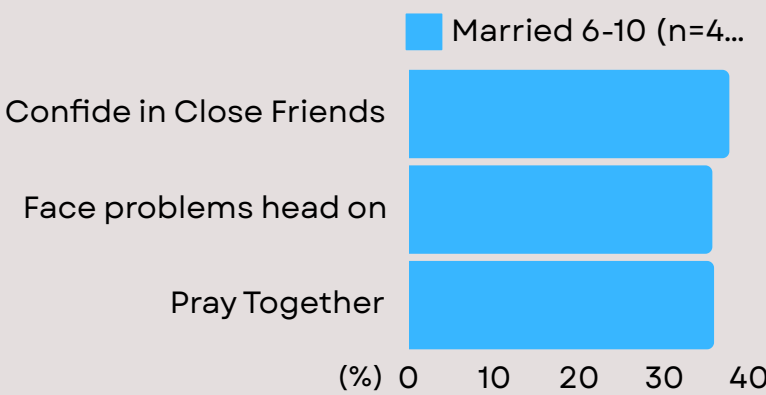
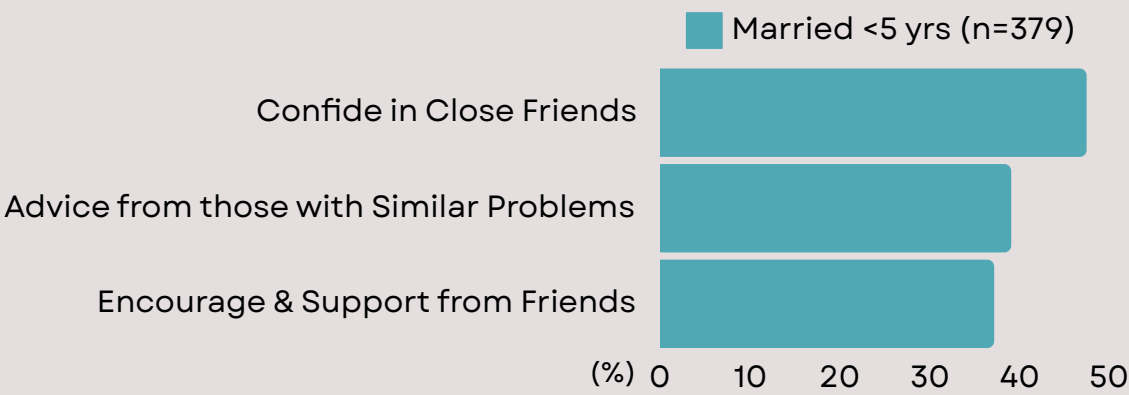
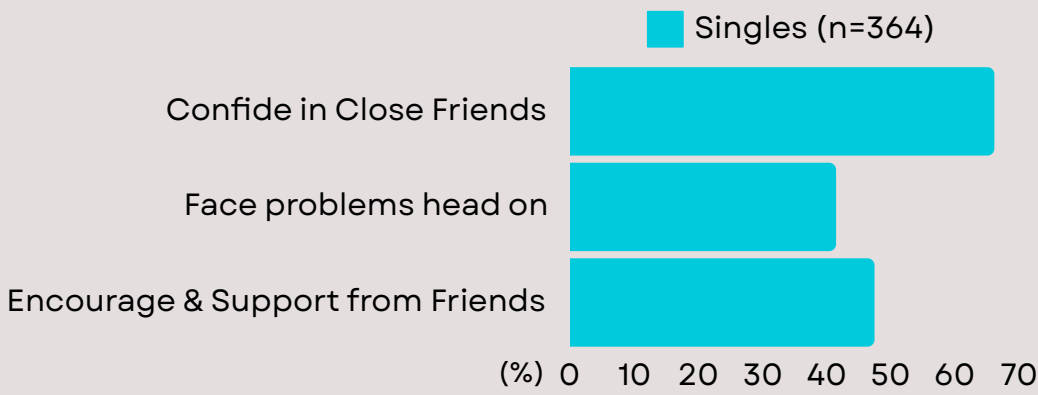
INSIGHTS:

How Families Are Stressed



PHASE 2 (QUANTITATIVE)

INSIGHTS: How Families Seek Help



INSIGHTS:

Strong Families are Undergirded by Strong Marriages



Family Commitment



Conflict Resolution



Marital Satisfaction



Family Spirituality



A collage of family photos in the background, including a woman smiling, a young girl laughing, and a family walking together.

INSIGHTS:

Family Resilience is predicted (largely) by:

Family Commitment

- Involved in each other's lives
- Feel very close to each other
- Supportive to each other during difficult times
- Consult other family members on important decisions
- Good balance of separateness and closeness

Positive Conflict Resolution

- Come to a resolution/solution when disagree on matters
- Discuss differences openly
- Effectively Communicate about issues
- Usually comes to mutually agreeable solution when disagreeing
- Identify differing issues
- Agree to disagree

INSIGHTS:

Family Satisfaction is predicted (somewhat) by:

Marital Satisfaction

- Philosophy of life
- Aims, goals, and things believed to be important
- Amount of time spent together
- Stimulating exchange of ideas
- Calmly discussing something together

Family Spirituality

- Forgiveness is important
- Family seeks spiritual guidance when making decisions
- Spirituality is a significant part of family's life
- Frequently feels close to God or a "higher power"
- Spiritual views have an influence on their lives
- Answers the questions on the meaning of life
- Engage in prayer or meditation often