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MASTER THESIS

Mental/emotional disorder affection to the family relationship: The
case of China

-An empirical study of individual depression influence on family relations.

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Abstract

Studies of emotional depression are more focus on reasons which lead to the symptoms. In terms of the family, family instances discussed initially, but barely talk about how diagnosed depression can affect family relations. This is an important topic for social work. It could be a specific event occurs that matters, but it doesn't explain changes inside the family members. Therefore this study would try to change the direction to the internal processes that how the emotional depression affect family relationships. More specifically, certain crisis leads to the different family relations and with the differed relations explore how the family members and the individual against with the post-modern society.

In order to answer this question, qualitative study method is taken for and data from face-to-face interviewing will support most of the theoretical and analytical practicing.

Key words: Depression, Family relationships, Family system, Intimate relations.

CHAPTER 1: INTRODUCTION

The World Health Organization (1997) has predicted that by 2010, depression will be the second most common cause of disability worldwide. It is important to consider depression from a global perspective as it affects many people across the world.

Depression defined both in academically and practically. According to DH (2004) depression as a form of mental illness, it is an emotional state that causes its sufferers to experience negative feelings about their self-image. And about those negative feelings WHO (2012) gives more specific explanation that depression is a common mental disorder that presents with depressed mood, loss of interest or pleasure, decreased energy, feelings of guilt or low self-worth, disturbed sleep or appetite, and poor concentration. Moreover, depression often comes with symptoms of anxiety. These problems can become chronic or recurrent and lead to substantial impairments in an individual's ability to take care of his or her everyday responsibilities.

As a pervasive mental disorder-depression is a significant contributor to the global burden of disease and affects people in all communities across the world. Today, depression is estimated to affect 350 million people. The World Mental Health Survey conducted in 17 countries found that on average about 1 in 20 people reported having an episode of depression in the previous year. Depressive disorders often start at a young age; they reduce people's functioning and often are recurring. For these reasons, depression is the leading cause of disability worldwide in terms of total years lost due to disability. The demand for curbing depression and other mental health conditions is on the rise globally (WHO). At its worst, depression can lead to suicide. Almost 1 million lives are lost yearly due to suicide, which translates to 3000 suicide deaths every day. For every person who completes a suicide, 20 or more may attempt to end his or her life (WHO, 2012).

Indeed, depression is a common and dangerous affective disorder for people around the world. It is common because of people can get it easily, and dangerous because of people do not acknowledge it well (case in China). Especially those people who surround the illness do not have enough knowledge about depression; they can be the family members and relatives or close friends. World Federation of Mental Health press on published report that a network of family and friends can make all the difference for someone with depression, which indicate that relationships between surrounded people are an important factor in depressive disorder.

Therefore when we mentioned the ‘depression affected people’, not just refer to individual who suffered illness, people around the informant need to be concerned as well. For social workers who intend to help the family with family members suffering depression, it is important to shed light on this question: how diagnosed depression can affect the family relations?

1.1 Mental health in a Chinese context

On June 13, 2009, the Lancet published results epidemiological investigation of mental disorders of four provinces in China: up to 17.5%--30-day prevalence in adult population estimates, about 173 million Chinese people suffer from different types of mental disorders, of which 158 million people have never received mental health treatment. The survey contains 63,004 adults' samples. Professor of social psychiatry, Peking University, China's Center for disease control and prevention (CDC), Huang Yue, Director of the Center for mental health services also believes that the estimates are more accurate, can indicate that the present situation of Chinese mental disorders. Questions about the low rate of treatment found in the survey, Mr Phillips report that:

“For example, depression is caused the greatest loss of mental problems at the international level. Many people with depression have suicidal tendencies. In our survey, 5% not only in the diagnosis of patients with depression have received specialty mental health services.”

Symptom of depressed mood, mental and physical exhaustion, lack of interest for social activities, the United States is defined as depression, while in China it considered as neurasthenia. Same symptoms with different diagnosis, it seems to define health and diseases decided by cultural explanations, not just according to the medical definitions. In China, the mood of depression had regarded as individual vulnerable to emotional problems, poor self-control and self-adjustment caused.

The reason why there is such a difference in the diagnosis, one of the reasons is due to the Chinese cultural stigma of mental illness, making mental illness suffers discrimination, since then patients and physicians can avoid the use of the term mental illness. Therefore, we regard the focus shifted depression to somatization. The results insomnia, forgetfulness, weakness and other symptoms are diagnosis of somatizational mental weakness. Even with similar symptoms, similar pathology, a certain kind of physical pain in different social contexts will considered as neurotic disorders. Due to changes in medical research and development along

with globalization, China's cultural understanding of mental disorders faces the transition as well. And name of depression is gradually accepted and used by Chinese people.

1.2 Causes and types

Initially emotional depression is explained and studied in psychology or psychiatric. However I choose to look at environmental factors in this study. Worldwide, there are certain risk factors that make someone more likely to get depression than others.

The first influencing factor is Gender. Relatively high proportion of empirical studies connects depression with gender. For instance, according to the WHO (2012) report statistically depression is two to three times more common in women, although a few studies, particularly from Africa have not shown this. And William M argued on the book *Family Psychology (2005)* about compare the impact of female depression and male depression on next generations as one of the highly debating topics. Therefore it is confirmed that gender and emotional depression has certain connection but still need to deliberate.

Secondly, Vikram P (2009) mentioned that economic disadvantages are the essential factors on depression studies. The reason is because economic disadvantages could affect throughout whole period of illness. Initially, poverty emerged life burdens to individual and turn to huge stresses eventually. Regardless the positive inner resilience mechanism, poverty is threatening event for each human being. Moreover, even if recognized the depression symptoms, under poor economic situation one could hardly attend professional treatment. And that could be a vicious circle to destroy the mental health care system.

Traumatic experiences are high debating issues in depression studies. For instance, exposure to violence, being separated or divorced, or had chronic illness so on. According to related studies those negative experiences are proven to be the influencing factors of depression. However, 'experiences' hardly proven to be both necessary and sufficient conditions to generate emotional breakdown. In other words, researchers found that part of the depressed informants had traumatic life experiences but another parts of them have not. Or people who experiences terrible life events would not lead to emotional depression. In order to search for the contradiction, I considered except for individual's cognitive diathesis, there must have a connecting point among those influencing factors. And that I assumed is relationship which I would illustrate in this following study.

Depression is also linked to changes in the brain causing disturbances in thoughts, emotions, sleep, appetite and behavior. The brain sends messages between the nerves

using chemical neurotransmitters called noradrenaline and serotonin. Guyton and Hall (1996) suggest that depression occurs when these chemicals fail to function. Within some families, genetic factors are also shown to cause depression where there is a family history of depression. However, for some individuals, there appears to be no known reason as to why depression occurs.

Thompson and Mathias (2000) suggest that depression is often categorized as a mood or affective disorder; however, there are a variety of types and varying degrees of depression. The ICD-10 Classification of Mental and Behavioral Disorders (WHO, 1997) reviews the categories of mild, moderate and severe depression when diagnosing an initial depressive episode. Further depressive episodes are classified under categories of recurrent depressive disorder. Besides the major depression dysthymia, manic depression or bipolar disorder, mania, seasonal affective disorder, postnatal depression, anxiety, physical causes linked to depression are under the categories. However, in this research, all of my informants are define as Major depression which also called clinical depression.

1.3 Depression in this study

Emotional depression is not a new topic in social studies, while in different stage of social development and different regions has various dimensions.

1.3.1 Social development background in China

To frame my research question in this research, it is essential to underline the Chinese social transformation context. According to the Chinese sociologist Lu&Jing, Social transformation refers to the Chinese society changing and developing from a traditional society to a modern society, from an agricultural society to industrial society, from a closed society to an open society. In terms of the changing I tend to emphasis on the cultural transforming in the spiritual level. Cultural transformation has the following characteristics: First, within a certain period of time, culture is in crisis, fission occurs, development from vertical traditional cultural heritage model to horizontal cultural expansion, mainstream culture has been questioned, and dissidents culture recognized, culture go through strategic reconstruction period. Hoebel describes culture as an integrated system of learned behavior patterns which are characteristic of the members of a society and which are not a result of biological inheritance. It shows the flexibility and

mobility of the culture as a symbol in different societies. In Chinese context, vertical traditional culture is strictly announced under historical background. For instance, filial piety as a virtue carries on from generation to generation, and according to that young generation need to foster aged parents. Until now the thought is proven by most of the people, but has different interpretations. Especially for young generation, with the expansion of traditional concept they asked for more understanding of the individualism. They mentioned western family culture as functional model in this century. Instead of the Chinese 'whole family' concept ask for the 'independent nuclear family' model and willing to approve by the old generations. This cultural expansion is not mean to change old thoughts but challenge it and gradually affects human behavior toward functional future. And fasten the concept on developing process Secondly, because of that within a certain period of time the development of culture toward diversity coexists.

On the characteristics of modern Chinese cultural transformation, scholars believe that intensive variability and complexity is the main feature. First of all, this transition is forced intrusion of Western culture, and occurred under Chinese culture itself is interrupted relatively. Thus to cause depth impact of traditional Chinese culture is unprecedented. Transformation feature is also reflected in the multiple and cross characteristics of the mission. For instance, the Westerners used hundreds of years to solve problems such as industrialization, democratization and marketization, etc. to conduct the transforming. However, all those developmental tasks squeezed into a century, asked the Chinese to solve, which determines the Modern Transformation of China faces difficulty and complexity.

The reason I pointed out cultural transformation has relevant explanation with this research. As culture is mainstream ideology in a society, Chinese people have the strong reliance on the pride of magnificent cultural history. Chinese sociologist Fei(2008) argued that culture in traditional society being recognized and used as behavior norms. And that indicates that before the cultural transforming occurred people had their stable and settled cognition toward the society, people, and regulations. However, keeping pace with the times people realized environment is changing and it forced self variation in multi-aspects.

It is hard to say transforming is either positive or negative itself. Yet, people on the transforming waves could easy to lose their balance both with the inner or outside of the self obviously. As one of the aspects of the unbalancing, mental health problem is significant in China as well as in the global level. Therefore, depression study needs to

consider both the local contexts which shape the problems, and keep in touch with international empirical studies.

1.3.2 Determinism and indeterminism in depression study

As I decided to conduct depression study, I have tried to interpret depression very carefully. So far, the cause of depression is not clear, but it certainly is, biological, psychological and social environment and many other factors involved in the pathogenesis of depression.

Biological factors mainly related to genetic, neurochemical, neuroendocrine, nerve regeneration, etc.; Psychological susceptible quality is closely related to personality traits, such as depression temperament. Clinically adulthood encounter stressful life events are significant depressive episodes of trigger depressive condition. However, these factors alone are not functioning. Currently depression studies emphasizes on the interaction between genetic and environmental or stress factors, and the point of emerge this interaction has a significant impact in the course of depression occurrence.

Therefore, the first question was aroused, which category of depression this research would focus on. To answer this question I applied determinism and indeterminism theory. Compare to the determinism advocate whatever happens happened necessarily, indeterminism consists with the certain decisions or acts have nothing that causes them to occur. Since it was simply happened, nothing to do with, for instance, biological factors of depression which cannot regard as social study and not relative in this research.

Back to the determinism, both psychological and clinical perspective of depression would fit for the aim of the social study, and relatively apply on this research. Further regardless the measured factors on depression, this research aim to chase the next period. Statistical research shows the large amounts of people are diagnosed depression, which is a fact already. Therefore, this research put the curiosity upon the following times that what would be different after depression. Apply on determinism perspective this research assumed the difference worth to be studied.

1.4 Motivation of the study

As a student who is concerned with mental health problems, I once joined an active program and tried to meet people who suffered mental disorder. It was a door-to-door visiting and supporting program. Visiting was lead by a teacher and we define the main purpose as support the family who has mentally suffered members.

We were quite naïve and inexperienced at that time, but surprisingly had long conversation with the family members- mother of the illness and older brother with his wife and daughter. It was the first time for me to talk with ‘real’ informants, and also the first time to realize how the life were, having mental illness patient at home.

I still remember the first moment we step into the apartment. It already frozen outside because of the winter season, yet we hardly felt warmer inside. And the first sight of the interior was a person who standing as a shadow in the corner of the living room. Obviously, it was ‘she’ who had mental issues in this family. She is a little daughter who has been suffering severe mental illness for decade. Her mother told us that it might begin after her father’s death, as she was intimate with father. At the first time the family members noticed she turns ‘weird’ is two years ago since the informant diagnosed at mental hospital. In these two years, she was keep working but occasionally had troubles with colleagues at work and quit the job eventually. One year after that she diagnosed as severe depression, psychiatrist announced that they lost the optimal opportunity for treatment. Nowadays, she lives with her mother and older brother family. Since she did not married, mother is the daily carer for her. At the end of the conversation mother who takes care of her daughter for 10years said that “*the only hope I have is to wish die after her, do not want to lay this weight upon any other family members anymore*”.

It was a long struggle story for the family members to go through all these years even still is. During the interview I felt their miserable in depth and companion with every words of their story, still felt lost one piece of the story. I cannot help myself to look at her, wish to go closer to her and ask her what she went through in the past years. But her illness is too severe to have a formal conversation, especially with strangers. Although thousands of questions hovering upon me, I cannot have conversation with her until the last moment of the visiting. On the way back, I wondered myself that what she would tell me if she can talk? Would it be different if she could have conversation with her family members? And will the family members tell me different stories?

In this case, I realized that nothing to be blamed. As a social researcher we fight for the perfect and functional society. In other words, constantly blaming what we had or suffered. Even though we wish it should not happen or at least recoverable, situations getting worse in this case. Therefore, instead of digging the reasons why it happened, I set my curiosity on what effects it can make.

1.5 Goal of the study

In the Report (2012) from World Federation for Mental Health mentioned that majority of people experience more than one episode in their life and that leading individual to the severe depression. And it could interpret depression as an individual problem which interrelated with environmental.

Family system theory illustrate that it is not only individual problem rather it is systematic problem which start from the family environment and effect the family environment as well. As one of the social environments, family has the special meanings for an individual. It is the first place who can interact with other people and also the first period of learning and practicing. More essentially each learning and practicing is conducted under protective conditions. And that is important; otherwise it would like a young soldier go out a battle without any previous training and educating. For the best case, he/she might not dead but would be injured terribly than others who well prepared. Yet, One can always learn a lesson in the event of failure and guide the future direction of development. Likewise, in this research already faced the depression so that discuss about what is changed because of it. Therefore I put two aims for this research. The first aim of this research is try to study of depression from a social work perspective. I had sensed the obligation to develop under social work perspective from my field work experiences. Not only because of the lack of guidelines in professional practicing, but because it needy for service users also. Thus, I regard this research as experimental attempt to develop social work perspective of study.

And the second aim is to expand the original research cycle of the mental health problem. In terms of the research paradigm, mental health problem often focus on question 'why' and 'how'. Specifically, most of the mental health studies focus on either the reasons or methods to solve problem. However, in this research I will turn the focus to effect to families in relation to interaction patterns which we could also name it relationships. As I see the 'relationship' is an interesting factor to influence a person's life, it could extend to very basic and sensitive self. And have profound impact throughout whole life. Therefore this research

will put the emotional depression into the family environment situation to figure out how it changes family interacting patterns.

To answer this main research question, I look at:

- * How family relationship was before the individual was diagnosed with depression?
- * How the individual and family members handled the emotional disorders?
- * Were there any differences of family relations made by the individual depression?

1.6 Relevant literature review

Book of family social work (2011) defines the family as consanguinity, cohabitation relationship connecting life and economy, emotion sharing community. Family environment is the first place of the personal socialization and interaction. Studies on the association of family environment and depression in the general population would provide valuable information on causes and mechanisms of depression as well as the prevention and treatment of this disorder. However, almost no such studies have examined the association of family environment and depression in the general population (Guan, 2013). Therefore, I tempt to demonstrate what cultural phenomenon surrounded by the family context initially. And then refer studies to family and depression research.

1.6.1 Culture of family

As a result of East-West cultural differences, there are significant differences between China and Western countries in interpret the definition of family (Wen, 2013). According to the U.S. census, a family is two or more people who live together in a household and are related by birth, marriage, or adoption (U.S. Census Bureau, 2000). In china, according to the dictionary, the family is a basic structural unit based on marriage and descendants that include the couple, their parents, child, and other relatives (Commercial Press of China, 2000). In terms of the structure of family both east and west culture literally had same explanation. But compare to west, family in eastern culture has two considerable features. The first is relationships of ancestor-descendant under paternity principle. And the second one, each generations has moral rule of the family which we called filial piety. In China, if adult children leave their parents they were consider as lack of filial piety, which is condemned ethically. Children are expected to live with their elderly parents and take care of them (Chen, 1984). Although the way of doing filial piety shows different patterns along with the social transition, filial piety is

root of a culture so as people's mind. Therefore family relationships in personal life show complexity in multi-aspects in Chinese context.

Family-oriented or individual-oriented study is to explore the relationship between families and individuals, and applying when a culture construct. The difference between the two is in the comparison of individuals and families who pay more attention to, who stressed the survival, interests, will and development, that is, who are subject to who. Because of the far-reaching impact of China's thousands of years of cultural tradition, Chinese people are still centralized by family interests, sacrificing personal interests to the family, which is based on home values.

With Europe and the United States advocated the development of the human personality is completely opposite, Chinese family-centered culture largely because of the traditional self-sufficient peasant economy. Only relying on the strength of an individual is not enough to sustain life, therefore individuals more dependent on the family, and be subject to domestic interests and will. The concept of home-based, driven by Chinese people attach great importance to the family and the family values generally stronger than in Western countries. Parent-child relationship was the first of the traditional family; parent-child relationships disappear may affect marriage, parent-child relationships and also compromise the end of marriage. Two interactive pattern appear in Chinese families: the first when child going through accidents or difficulties relationship between a husband and wife will seem nervous or even rupture; second, though love has gone, in order to care for a child, husband and wife will choose to not to divorce and live without feelings still. Especially the second mood, which is the examples of individuals sacrifice their own emotional needs and obey family development needs. Maintain the family-based situation affected the personal will of expression, but it also has its own unique advantages that family cohesion can fully arouse the enthusiasm of individuals to contribute to the family and also inspired the whole family to ride out of the storm.

Liu (2003) defined family environment as a combination of family structure, economic and social status, relationships, and support between family members as well as their communication, interactions and feelings. Thus family-oriented concept still play an important role in modern family, while the research relate to family environment are limited.

1.6.2 Family studies relate to depression

Compare with the Chinese concept of family, Pinsof William (2005) indicate on the Family Psychology book that family in western context core is the married couple even if they have new generation. Based on this concept he illustrate two relative hypothesizes on depression study. This part focuses on the status of the science of family psychology in relation to the most frequently encountered depressive disorders.

1.6.2.1 Early studies

Since 1951, Gregory Bateson was begun to study the relationship between human interaction and schizophrenia. He referring interpersonal to a deviation of communication which was unbearable. For example, the parents 'command' children behave 'natural', or telling them to 'have a responsibility' to 'truly' love their parents. This communication is called 'double bind communication' (double binding). It commands people to do something with this thing cannot be executed, which lead to deviant behavior.

Virginia Satir assist Bateson to set a theory based on the development of communication errors and contradictions, which led to the theory of mental illness. Satir was developed the study of pathological family systems theory, and then there are other experts also explore the relationship between emotional problems and family. Murray Bowen and Warren Brodey further focus the above relationships at home, according to legend phenomenon. Bowen in many cases, to determine the grandfather important position in the family, he also said: "In the family, children who are more attached to parents would more easily affect by the parents' immature personality. And it could inherit to the next generation."

1.6.2.2 The impact of Parental Depression on Children

According to CONNELL&GOODMAN (2002) quantified the association between parental depression and children's internalizing and externalizing symptoms and compared the relative impact of mothers and fathers. Maternal depression was associated more strongly with children's internalizing disorders than was paternal depression. Consistent with the fact that mother continues to be the primary caregivers to young children, the effect size for maternal depression was greater for younger than older children. Again, maternal depression was more strongly associated with externalizing symptoms in younger children, while paternal depression had a stronger association in older children. Moreover, depressed mothers show

distinctive patterns of interaction with their children, and researchers and reviewers have long speculated that negative maternal behaviors explain part of their children's difficulties. Further studies indicate that compared with non-depressed controls, depressed mothers were moderately more likely to show negative effects, such as hostility, particularly if their depression was current or recent (Lovejoy, Graczyk, O'Hare&Neuman, 2000). As the depressed mothers were somewhat less likely to show positive affect in the form of play, praise, and affection, the first generation of research demonstrated conclusively that parental depression puts children at risk for emotional and behavioral problems. Yet, not all children of depressed parents are adversely affected. In other words, it tells us that about the conditions under parental depression is more or less debilitating for the child.

1.6.2.3 Marital distress and depression

Depression is moderately correlated with marital distress. And Whisman(2001) reported effect sizes of women and men is statistically significant difference. Thus, the link between marital distress and depression is slightly stronger for women than for men. And there is strong evidence that marital distress increases the risk of an episode of depression and predicts relapse after recovery from an episode. Also evidence that depressed mood has an impact on the quality of marital relations. The marital interactions of couples with a depressed spouse are characterized by hostility and negativity on the part of both partners. . Consistent with the parental depression literature, this association appears to be bidirectional.

Davila (2001) argued that negative cognitions and interaction behaviors that are associated with depression have an adverse impact on the quality of marital relations, which erodes marital satisfaction and maintains depression. For instance, researcher found that wives' depressed mood predicted their expectation that their husbands would be negative and critical of them, which then predicted their tendency to behave negatively during a marital interaction. Over time, the wives' interaction behaviors predicted increases in both marital distress and depressed mood. Depression and marital distress also may not be linked directly through the contagion of one partner's depressed mood to the other, with negative consequences for the quality of their marital relations. There is evidence that depressed mood is contagious even among strangers and roommates (Joiner& Katz); married or cohabiting couples should be especially vulnerable.

1.7 Organization of the thesis

The remaining part of this study is structured in following way: chapter two is the theoretical frame of this study. This chapter has described the theories that this research is built on. Family system theory will be the main concept in this research. And along with the system theory will apply to interpret performance of family interaction. Person-oriented theory will helps to explain the individual inner self, in other words try to explore before the self interact with others what aspects define their own name of self. For that gender role theory and object relation theory will support the debate. The theoretical framework also covers family crisis theory, problem solving approaches when refer to the depression need family members to overcoming.

Chapter three is methodology, this chapter is discusses research methods as well as how my research practice is methodologically guided.

Chapter 4,5,6 will be the empirical part of the study. I divided my empirical analysis according to different family relationships.

Chapter 4 focuses on the family relationships between different generations. To be more specific, I analyze parents-child relations.

Chapter 5 expounds the husband-wife relations under the marital situation (Couple). According to the collected data, this chapter describes the impact of the marital situation on depression in two ways. One will be the marital influence of old generation to young generation and other is how the young generation interprets their depression in their own marriage.

Chapter 6 is a case study which raises an interesting question on how traditional conception of “family” is challenged under a post-modern society in a Chinese context.

Chapter 7 will be the last chapter which conclude and summarize findings from entire study.

CHAPTER 2: THEORETICAL FRAMEWORK

In the social sciences, there are many theories significant for the family social work, can be applied directly to the family social work services. Since family social work is gradually derived the theory and practice patterns in long-term development in western country. M.Payne had divided social work theories into two major: 'the theory for the social work' and 'social work theory', according to this line of thought, we can also put the family social work theories into 'theory for family social work theory' and 'family social work theory' two parts. System theories have considerable influence on the formal base of social work (Healy,2005). Systems theories provide ways of understanding problems and issues and the analyses focus on interactions within and across multiple 'social' systems, which can include the interpersonal system of family and friendship ties and organizational systems so on. Thus in this studies would mainly applied system theory in family environment to have general idea of the world inside family. While, it is widely agreed that systems frameworks do not provide intervention method, which indicates that relevant practical theories need to following by.

2.1 Family system theory

Family systems theory is a theory of communicative action activities of human emotions, which is proposed by the famous American psychotherapist Murray • Bowen and assistant professor Mitchell • E • Cole improved. In the interpretation of human emotions activities, family systems theory is unique to the entire family as an emotional unit to investigate, the man regarded as the structure of interrelated elements, rather than the independent spirit entity. Bowen believes family court can be accurately viewed as an emotional unit, the activities of family members interact. Freud's (1896) psychoanalytic theory in the study of human mental illness, emphasizing conflict awareness and people's unique among its instincts. He believes that mental illness is due to disruption of brain activity, rather than the fault of the brain structure. This theory in understanding human behavior and treatment of mental illness has made great contributions, but Bowen believes Freund's theory emphasizes the uniqueness of people and human behavior is not well understood. The biggest difference between his theory and psychoanalytic theory is that system theory emphasizes on human relations, while psychoanalytic theory emphasizes on individual.

2.1.1 Constitute a family system.

Family, the family itself is a system from the perspective of systems theory analysis.

According to Zhu (2011) Constitute a family system can be understood from two perspectives; first, the family system is composed of several sub-systems. Generally, the family system can be divided into three main subsystems. Second, the family system is composed of individual components. If we look at the family members as a subsystem, the family system is composed of different individuals, mainly adults and children, men and women and so on.

Zhu also argued that as a social system, the family is characterized by everyone assume their roles as husbands, wives, parents and children. Interaction between families' each subsystem both interrelated and mutual restraint, and formulate interdependent relationship with main family system. Therefore, a family member suffering or endanger, would never be the individual's own trouble. When a subsystem or any family member of any changes will affect other subsystems or another member, and which affected also give the reaction back like echo. Definitely, family is such an interactive, interdependent system. Entering or leaving family members, will also affect the entire family system.

2.1.2 Change mechanism and balance mechanism of the family system

Liu mentioned in the book *'family social work'* that there are two basic home system mechanisms, one is changing mechanism and the other is a balancing mechanism. When emergencies occur within the family (such as children plan to study abroad, marriage, family member illness, death, the family suddenly confronted with the economic crisis, etc.), or family in the external environment changes (such as family moved to new place to live, etc.). In this case, the family must be strengthened to adapt to changes in the viability of the system, in order to unite the family. The ability to grow to face difficulties, this mechanism is to change the family. Changing mechanism can enhance family functioning and promote the growth of the family.

In addition, there is family balancing mechanism established once home, you need to rest and orderly, able to provide a stable and secure life for family members to meet the basic needs. Therefore, each family will actively maintain the balance of the family, when the occurrence of certain events to break the family equilibrium state, the family will mobilize their own resources and restore the balance of power as soon as possible.

2.1.3 Operation order of the family system

Every family has its own operating system order, order of operations of different family systems exhibit different characteristics. Different orderly functioning of family systems mainly due to the different rules of the family system, the different patterns of family members communicate with each other and different personality of family members traits caused. And when the new family founded, must develop a conscious or unconscious family rules, these rules will be different from the original family , and with the changes in the family life cycle of each phase , the establish new rules and change the rules. Family is an unwritten rule management system, which gives the rights and obligations of family members, determines the behavior of each member of the family, so is family formation order.

For example, in the traditional family, the parents tend to be in control of the entire family for instance house rules and family law, which is used to control the thinking and behavior of family members. So that family members in strict hierarchical relationships coordinated and jointly safeguard the stability of the family system. Still in the modern family, each member of the family who simultaneously control families but also to be in control. Bring democracy and equality into mutual understanding of family members to achieve a new steady-state family environment.

2.2 Family functions under Functional Perspective

David Popenoe's Functionalist theory (1999) focuses on the basic functions of a modern family. In his view, societies before the text exist; the family is basically self-sufficient, which can meet most of the family members on the physical and emotional needs. While in a complex modern society, the family is more specialized, and the role played by much less. Yet functionalist emphasis on family retained social functions will remain in good condition and running smoothly in the society.

2.2.1 Socialization

Human socialization begins at home, in other words, the primary function of the family is to promote the individual's socialization. In many ways, the social commitment of the family is the ideal place for the task. The family is a small group and the group members enjoy many

opportunities for face to face contact, which accepts rich in content and form of the socialization process. Parents usually have a strong incentive to educate their offspring, the child as an extension of their living and social bodies.

Robertson believes that the reason why the family has a pivotal role in the socialization process of the individual, for two main reasons: First, in the critical early stages of life, family is primarily responsible for the socialization of children, children in the home is built from its initial intimate emotional connection, learn the language and begin within the norms and values. Family socialization, a lot is intentional, but many of them are carried out unconscious. For example, within the family interaction paradigm, it could inadvertently provide a reference model for the individual behavior and personality traits he grew up.

Second, the importance of the family is that it is in a unique position in the social structure. Thus, from the date of birth, the individual is endowed with a first class position in a particular race, religion and culture in the sub-region, and these are likely to strongly influence an individual's social interactions and subsequent socialization of nature.

2.2.2 Emotional companionship

The second major function of the family is to provide its members with love, affection and companionship. Affection for children is very important, but also in its entire lifetime is always the case. There are countless evidence clearly shows that a lack of family care of children, grow their physical, intellectual, emotional and social development will suffer.

In the past, many people live in a lifetime of birth and upbringing of their communities. Still with their parents, brothers and sisters living together, or close to live after get married and have their own family. If always like to live in a familiar community, family and relatives live nearby, there was ample opportunity to maintain friendly exchanges, get emotional support.

But most Western sociologists agree that modern society in which people has little access to the friendship and support from relatives outside the immediate family. Parents with their children and other relatives often live apart from each other and occasionally visit it. Similarly, when one parent elsewhere to find a new job or their parents bought a house elsewhere, most families will move. This trend is forcing the immediate family members to deeply dependent on each other.

Because of the relationship between emotional and companionship become so important , even if the other functions of the family are still satisfying to play a role, when one of the

spouses' emotional needs cannot be met within the family, the family is likely to breakdown. In this sense, provide companionship and emotional relationship has become a core feature of the modern family.

If family system theory is try to illustrate the base picture of relationship between family members, then functional perspective might tend to guide practically. Especially system theory is one of the most important theories in this research. As this study is try to illustrate each of the relationship among family members, the core assumption in the system theory interaction between whole and parts of the system would play essential role on the analysis.

In general, one of the tasks of social work is to help families regain lost function, so that keep the family stable and harmony. Further, causes of the problem and lost functionality are the routine way to explain an existing problem. Thus functional perspective has the essential role in the study.

2.3 Person-oriented theory

Family system theory and function theory are based on pattern-analytic approach to demonstrate whole picture of the family environment, which is essential in this study. While I also believe that specialize each family members character and study the interacting roles would help to answer the question that how family members' personal position activate when depression happened around them.

2.3.1 Gender role theory

World Health Organization (2009) defined Gender roles as behavioral and thinking patterns according to gender and sociology regulations, which are formed in the main hominid species and sexes and physiological characteristics. With the development of society, gender role changes in the social division of labor between men and women.

Liu(2012) reported that in primitive societies, men engaged in hunting and fighting, women were collected and parenting. In an agricultural society, the farming men and women weave live life in a feudal society, women are bound by ethics, and activities are mostly confined within the family, while men have more freedom of social interaction. After entering capitalist society, women liberated from the shackles of feudal families involved in more social activities. However, the traditional concept of gender roles men suppose to be

ambitious, aggressive and independent, dare to compete, that have a 'masculine'; women should be compassionate and sensitive, good homemaker and nurturing children, that has 'femininity'. Where their behavior is consistent with the expected gender roles will be subject to social acceptance and praise; otherwise, would have been people around hot cold satirical ridicule or rejection.

WHO (2009) reports demonstrate the relation between depression and gender analysis. For instance, female have high potential risk to get involved in depressed situation than men. Moreover the association of family support and depression was significant for males but not for females so on.

Statistically gender and depression have strong connection, while in this study I try to put gender role in family circumstance instead of gender. The reason is because I found a tendency that femininity plays an important role to support family members' emotional stability. Thus in this research I would apply gender role theory into family relations to improve my assumption.

2.3.2 Object relation theory

Object relation theory is one of the Freud's classical theories:

"Object" is understood as a love-object; people who are emotionally important. The first important object is the mother, or a mother figure. Then other objects enter the stage; that is, other people that the child makes an emotional relationship with.

Based on the early interactions, with emphasis on the mother/child relationship, they argue that the child is creating an inner picture of the object and the situation around the interaction. This picture, or object presentation, of the mother becomes a psychological structure in the ego. It is the child's subjective picture of the mother which is created. These inner structures are carried on in life and are important for the individual's way of reacting towards others later in life. With a basis in the early experiences of interactions the child is developing a view of itself, her/his careers and what he/she can expect from others.

According to Bowlby's(1988) attachment theory, all children are attached to their parents no matter how they are treated, but they attach themselves in different ways depending on the emotional interaction. The function of the attachment behavior is to hold the child close enough to the mother so as to increase the possibilities of survival. In this way the child is born with a range of specific characteristics. Based on the experience from early interaction with the careers the child develops an opinion of itself, their careers and what is expect from

others. The experiences contribute in how the child is making attachment patterns. These become working models when they later become parents themselves.

Attachment figures are used as secure bases throughout life (Ainsworth, 1991). Children take more responsibility for managing the attachment relationship as they grow older, eventually taking over the care giving role in their parents' old age. New attachment relationships are formed with other adults (Weiss, 1982), such as partners or friends, who may then provide each other with a mutual, secure base, making care available in times of illness or when either of them is in need. In situations of danger or stress, even strangers, such as therapists, can also rapidly become temporary attachment figures. The knowledge that there is someone who is concerned about you, and has you in mind, is crucial to the functioning of a safe base at any age and in any circumstances. This image supports autonomous behavior even when the attachment figure is not currently available.

The security of an attachment may be affected by the other relationships in the family. Goldberg and Easterbrooks (1984) and Belsky, Rovine, and Fish (1989) showed that the quality of the parents' relationship influenced the security of the child's attachment. These studies suggest that a sustained partnership, so long as it is well adjusted, helps to maintain the security of a child with regard to the parent.

2.4 Family crisis theory

It seems more than clear that depression is a crisis for family and the illness. Then the reason why I tend to put pressure on this well known issue is to gain strength to the recognition of the emotional disorder. Confirming the symptom is problematic might be the right way to lead both the illness and the family to accept themselves and move on to next step. And personally express my depth voice of “try to understand it through knowledge and be a normal man”.

2.4.1 Meaning of the family crisis

Family crisis is defined as family turn to recession in terms of the basic organizational form of the family, the family inherent feature, responsibilities and obligations of family members, family members' goals and maintaining relationships within the family. And conflicts

emerged between family members such as opposition, differentiation, human alienation, anomalies, etc., lead to the phenomenon of unorganized family structure and family dysfunction. (Family social work, p54)

2.4.2. R.Hill's conceptual framework

Hill argues that the basis of the concept of family crisis, in general there are three variables, such as the family, stimulating events of the crisis and the incidents evaluation.

First of all family as a concept in family crisis theory refer to the way of organized family members' internal position, norms and roles and also be a personality interacting stage. In addition, the ability of the family to face the crisis, in essence, is quite weak.

Secondly, stimulating events is another key factor. R.C.Angel(1985) refer the capacity of the family to overcome unexpected situation to *'wealthy potential would led families to prevent crises, while lack of this factor, a series of crisis would challenge their own capability'*.

Its content can be further subdivided into "family integration" and "family adaptation" two concepts. The "home integration", meaning a link through the combination of family life, the most notable performance is interdependent sense of common interest in the family, love and economy; and "family adjustment" refers to, the case when the crisis come family has the ability to change the path to the safe. His two concepts are quite convincing to be applied in a certain case, for instance the same encounter recession or reducing income hit, some families can afford but some families are vulnerable then the two concepts might illustrate the reasons. For the last incidents evaluation of the family members is considered. Evaluation by the family of the event focused on the immediate response to the crisis phenomena. Although a phenomenon as a crisis, usually according to the three levels to do the judgment which is objective, social and subject, the real crisis in the family, the most important thing is the relationship between those involved families with subjective judgments. This part of the judgment reflects the value system of the family owned, in part reflecting the experience of the crisis, and partly reflects the way the evaluation of the event. Thus, such as illness and unemployment, the objective is considered to be able to handle, but the lack of confidence, could lead them to be knocked by the crisis.

2.5 Toward a cohesive family; Model for children's emotion regulation

There is a need to more comprehensive models of family processes that promote/undermine children's emotional regulation. The current study draws on family systems theory to the existing models of family socialization processes. First, both maternal and paternal parenting practices were evaluated as unique factors among broader family processes. Second, interparental functioning is distinguished from the broader family emotional climate, based on findings that each has distinct implications for child functioning (Fosco&Grych, 2007). Finally, maternal and paternal parenting, interparental conflict and family positivity and cohesion and family negativity were evaluated.

In this study, A family as context model would be used. This model emphasizes the mother-and father-child subsystems as central factors for children's emotion regulation, and conceptualizes interparental conflict and the emotional climate as a broader family context in which parenting practices function. This perspective suggests that mothers' and fathers' parenting practices are the most proximal predictors of children's emotion regulation but are shaped by the quality of marital and family-wide functioning. This perspective draws on a 'spill-over' perspective in which interparental functioning and family climate affect parents' interactions with their children, which in turn shapes children's emotion regulation. Support for this model would indicate that parents in more harmonious homes who are able to resolve their own conflicts, are more likely to provide emotionally supportive responses to their children's distress, which facilitates children's adaptive emotion regulation.

2.6 Problem-solving approaches

Problem solving approaches are characterized by collaborative, highly structured, time-limited and problem-focused approaches to practice. Of all the approaches we will consider in this book, problem-solving models provide the most comprehensive frameworks for direct practice. These models define social work purpose and practice strategies at each phase of assessment and intervention (Healy, 2005).

Problem-solving processes are consistent with case management-care management- models, which are now a dominant framework for social service provision (Dominelli, 1996). The major strength of task-centered practice is that it promotes clarity of thinking and action

between service providers and service users. This limits the potential for confusion and frustration between service providers and service users.

In addition, by involving service users in determining practice goals, processes and outcomes, the approach is consistent with core social work values of respect and self-determination.

Also, the model aims to empower service users to address the problems they face in daily living without ongoing support from social service agencies.

Despite of the above points, I also believed that it might lead a new perspective of facing problems and refer to critic ideas.

Summery

It is a challenge for me to decide a study on emotional depression different directions. All the previous studies both qualitative and quantitative show a routine that people tend to explain why and what factors might influences problem comes. Definitely it is a logical and professional way of analysis an issue, while in practical level I believe it is more important to know what really happened in real. Thus I eager to know how is the families look like after issues upon them and further on this I assumed that it might have different findings when we see things upside down.

Mostly at the time we saw the person who suffering illness, it always the time after problem upon them which means in real way it might be more effective to focus on the solution than reason. And one important way of thinking is that not because of the reasons are not essential any more in this approach, but in the certain context like depression within family environment need to accept the problem initially. Then look forward to solve the problem.

CHAPTER 3: METHODOLOGY

Methodology is the systematic, theoretical analysis of the methods applied to a field of study (Irny and Rose, 2005). More practically, Silverman (2006:15) defines methodology as the choices we make about cases to study, methods of data gathering, and forms of data analysis in the planning and executing of a research project. It could be regarded as a strategic method to guide or directing a field work. In other words, it illustrates a way of doing research and giving descriptions of the methods adopted. It evaluates the question of objectivism and validity of the research as well.

3.1 Research method: why choose qualitative method?

Silverman (2009) argues that the majority of qualitative researchers believe that they can provide a deeper understanding of social phenomena than that which would be obtained from purely quantitative data. Despite of different preferences, both of them are good methods to conduct a certain research. In this study I have chosen qualitative method due to consideration of the following reasons.

The first reason is that qualitative research is suitable to answer my research question. Since my research question is about how depression or mental illness affects family relationships, which is difficult to quantify. The uncountable ‘experiences’ would collect from the informants narratives.

Of course, the research is conducted in qualitative way, while I noticed that most of the depression studies were utilize quantitative method. Though those quantitative variables and factors are not enough to answer my research questions, it provides valuable resources for the research. As Silverman (2009) mentioned sometimes people led critics to claim that quantitative research ignores the differences between the natural and social world by failing to understand the ‘meanings’, which calls for flexible consideration in certain topics. Thus in this research I used qualitative method and assist with relative quantitative resources.

3.2 Interview

Bridget Byrne (2004) believed that qualitative interview is particularly useful as a research method for obtaining and assessing individual’s attitudes and values. As my research is focused on the effect of the depression on the feelings and the emotions people could get from the disorder.

I would like to hear individuals' experience and narratives-- what has happened after diagnose? How have the family life and relations changed? How did they experience these changes? With these questions in mind. For that I choose semi-standardized interview in this study. According to Berg (2009) this type of interview involves the implementation of a few numbers of predetermined questions and special topics. And questions are typically asked of each interviewee in a systematic and consistent order, but the interviewers are allowed freedom to digress.

Berg (2009) also implicates that the flexibility of the semi-structured interview allowed the interviewers both to ask a series of regularly structured questions, and to pursue areas spontaneously initiated by the interviewee. And it is also useful for the researcher to access the interview and keep attention to the right direction of the topic.

During the pre-testing interview, I realized that under the depression topic I would receive large amount of information and all of them could be categorized as 'experiences'. The Problem is that it is easy to get lost among all the experiences, in terms of the time period. Unlike most of the depression study that used to focus on the reason of the depression, truly dramatic stories came up and seldom of them could answer the facts after the reasons. Therefore, I believed the semi-standard structure could lead me to core of the phenomenon and creative way of implication of the same issues.

Hammersley and Atkinson stated in Silverman (2011) that *'accounts are not simply representations of the world; they are part of the world they describe'*. As long as the research is deeply related to feelings and experiences, objective thoughts such as accuracy, reliability or validity would never be ignored. Because of that, in this research I would use constructionism to interpret the interview data. Gubrium and Holstein in Silverman (2011) contend that the subjects behind the respondents not only hold facts and details of experience, but in the process of offering them up for response, constructively add to, take away from, and transform the facts and details. As to my study, I study depression and its effect as first hand experiences, which allow me to explore the relationships inside a family. Yet it not only matters on the individual, construction perspective will clear up the information from each family member and connect it to the research question.

3.3 Recruiting Participants

With hope to get the first-hand experience of how family life and relations has changed, I decide to interview the persons who had suffered depression. In attempts to recruit informants, the first step was to consider where I could get access to those people. Although large amount of people are suffering from emotional depression, it is a mental problem which is widely known as an incurable disease and largely stigmatized by the society. Even in social service system, there is less organizations either government or non-government to help or assist those group of people.

At the very beginning I assumed that I am the informant who needs helps and try to map two routes which are possible to utilize at the certain situation. One is government or community route. In china we have sub-district office as a basic administrative unit and the function is close to the community social work category. If the citizens need help through the official level sub-district office is the first station, thus I started from one of the sub-district office in my city. On a weekday morning, I visited the office, explained to the staff who I am and what I plan to do, and then asked to get information relating to my study. The office director was co-operatively involved and described some of their work in the field of mental health care. She commented that *“We have much concern about this issue. But in reality, when it comes to mental health problem, a small percentage of people are willing to come to us for help. However, I think we do have psychiatric counseling at the community hospital”*.

This is exciting news for me initially, but it turned out what the director said is not true after I visited the community hospital, as the hospital staff told me that they never had a doctor or consultant are dealing with mental illness. Therefore, the first step for me to find potential informants failed ironically. (It reminds me of the lack of systematic care in mental health sphere in China, while further problems are oriented to the welfare systems.)

The other method of approaching potential informants is going to different agencies dealing with mental issues. I searched a list of psychological counseling agencies online and narrowed them down to two agencies to carry out my research. One of the agencies is derived from university, which means the agency has cooperation with the university, through an internship program and a school counseling room with private operators. And the other agency was introduced by the first agency operator. At both agencies I showed the permission letter and asked for their assistance. Luckily both agencies were willing to cooperate, but both agencies would require clarification with the informants. The informants have free will to decide

whether they will accept the offer of becoming my interview subjects. I showed understanding to the agency's decision.

After several days of waiting I did my first interview on 23th, November 2013. In total I had 9 informants. Two of them are from the first agency and the rest are from the second agency.

3.4 Sampling

In this research I have interviewed 9 informants. The research is oriented toward certain groups of individuals, those who are emotionally depressed.

Decide by my research topic, it was inappropriate to choose my research sample randomly. Also I have to make sure the chosen sample represents the depressed population. Thus I used what Berg (2009) called purposive sampling method. As he argued that the purposive sample is referred to researchers who use their expertise on some group of individuals to select subjects who represent this population. And I believe it is more strict and sensitive in depression research. As the agencies do not have much knowledge about social work, they are very cautious about the way I carried out my research. Even though I showed the agency directors my research permission and a strong interest in psychology study, they still want to present at my first interview to see what kind of questions I was asking the informants. Gradually, I gained trust from the directors and they acknowledged my professional background.

Another non-probability sampling strategy is the snowball sampling. The basic strategy of snowball sampling begins with identifying several people with relevant characteristics and carrying out interviews with them. These subjects are then asked if they know any other people who possess the same attributes they do (Berg, 2009). As a matter of fact, the snowball sampling was not what I planned to use initially. But the majority of my informants are reluctant to show themselves to the public, for instance, one of the informants told me that none of her friends know about her emotional disorder. Consequently, I had to use snowball sampling in order to use inner-personal connections to get enough subjects because most potential informants are difficult to find in normal way. Some of the depressed people who have mild depression symptoms actively participated in the interviews and even initiated to contribute to further research. Thus three of the informants were chosen to use the snowball sampling. And it is quite impressive that people suffering for different level of depression symptoms showed different attitudes with open up their issues

Arber (1993) argued in Silverman that *'The purpose of sampling is usually to study a representative subsection of a precisely defined population in order to make inferences about the whole population'* I applied this principle to my field work throughout, meanwhile keep reminding myself to consider representation of my informants.

In this research, among 7 of the interviewees I discovered connection of depression to family relationships. However, with the other two informants it is hard to see changing patterns of the family relationships. Therefore, the original hypothesis is hard to apply in the two cases.

These two cases demonstrate that their family relationships are kept in a stable status. Individualism seems stronger in these cases, in terms of personal experiences with friends and the characteristic elements heavily impact the emotional fluctuation. It might be because of the limitation that data is mainly gathered from people who experienced depression did not reach the family members. Or it may be due to the fact that the informants are going through a special period, such as standing on the crossroads of further development as both informants are still students. Moreover it might be related to the length of the experience of depression. Overall speaking, these special cases are not necessary indicates that depression issue did not affect family members at all. Yet, they illustrate a way of evaluation and the measurement level.

3.5 Information on participants

Considering the confidential issues, informants I would introduce here is all used pseudo names.

Case 1, Genhee, female, 20 years old, single, is a student in the local university, currently at second year of college. She is one of the informants who I interviewed in the first psychology consulting agency named Yanbian psychological counseling research committee. She is the only children in her family. Her parents divorced when she was around 6. Since then she has lived with her father and grandparents. Her duration of suffering depression is over three years since she was in the high school. None of the family income is from labor by any family members. All of her expenses are donations from institutions and organizations. The interview was taken in the agency.

Case 2, Youngtea, male, 28years old, married in 2013, working with family business, middle income family. He is the only child in his family and lives with wife and parents nearby. He was suffered from depression since graduation from secondary school, and quit school when

he was in high school. His mother owned family business of manufacturing traditional clothes which support the whole family expenses. Interview was taken in the agency.

Case3 Pengpeng, male, 19 years old, with no official job. He discontinued his education since graduating from high school. He is the only child in his family and lives with his mother and grandparents. He is the first case that I took in the second agency named Yanbian Love psychological counseling. He was diagnosed with Autism symptom and depression when he was around 6years old.

Since Pengpeng did not talk much, his mother was an important informant of the interview to illustrate the relationships, Mrs. Wong, 46 years old, government officer, divorced with Pengpeng's father when their son was 5years old, single, middle income family. She and Pengpeng received counseling service in the same agency. And interview was taken in the agency.

Case4, ShengJie WU, male, 27years old, works as a technician in a local company. Graduated from a local college. There are Two kids in his family; he is the younger boy. He has an older sister, six years older than him. He is now living with his parents, while his sister is staying abroad. It has been three years since the first time he felt depressed. He was diagnosed and took counseling only one year ago. The family has middle income. With his consent, the interview was taken in a café

Case 5, Xianfeng Li and Haiyue Wen, couple.

Xianfeng, 31years old, male, held his own business with Haiyue. He has a bachelor degree. He is the only child in his family. He married Haiyue two years ago.

Haiyue, female, 30years old, works with Xianfeng's in their business. Her family has two children: Haiyue and her older brother who is live with their parents now. She has a bachelor degree too. She has been diagnosed and receiving counseling for two years. After one year of counseling she felt better and suggested her husband Xianfeng join the counseling in a focus group. They have middle income. With their consent, our interviews were taken in their private offices separately. And I have to mention here that Xiaofeng is the only one who actively participates within partner's curing process. Also he is believed in the counseling would solve his wife's issue and benefit both of them. Therefore, I tied them up as one case for analysis marital situation and individual's depression.

Case6, Ms.Lin, female, 30years old, currently involved in a relationship, has no official job. Her Parents divorced when she was 14years old. Since then she has been living with her grandparents and her little brother. After graduation from high school, she went to east-Europe to find her mother and held a small business then came back after five years at 25years old. Diagnosed two years ago, and took counseling for one year and did not sustain since then. No sustainable income but has certain amount of savings. She is the informants who I have been introduced from Haiyue-informant in case five-as one of her best friends. And consider as the first snowballing case of this research. As she decided, interview was taken in a café

Case7, Shengfeng Lei, male, 26years old, single, he is a salesman in FUJIAN province (one of the provinces located in south-east china). He is the elder children in his family with his little sister. According to his narrative he had been suffering from depressed emotions since second year in high school, but was diagnosed one year ago and took counseling service for two months in Yanji. Shengfeng is also an informant through introduced by Shengjie through snowball sampling - the informant in case three. And he has special experience than others in that he was diagnosed and received counseling in Yanji city which is far away from the city he used to worked and live. He has middle income. With his consent, the interview was taken through QQ (the most popular online chatting software in China) and telephone.

Case8, Meiyong, female, 24years old, single; she is the only child in her family, parents are abroad thus she has been staying at the school dormitory since high school. She is in her last year at the university. She was diagnosed two years ago and received counseling for half a year. Family has middle income. With her consent, the interview was taken in a café near her university.

Case9, Xiaoxiao, female, 19years old, currently at third grade of high school. She is the elder children in her family, has a younger brother who is 2years old. She is living at high school dormitory. Her father is a government officer and mother is a teacher in primary school. She was diagnosed one year ago and took counseling for half a year. Family has middle income. With her consent, the interview was taken during the lunch time at a public canteen.

Three of the informants' interviews were taken in the related agency-offices, as decided by informants themselves. I felt that they prefer familiar places to take interviews. It might indicate a tendency that depressed individuals more or less do not want to be founded out about their depression outside the consulting agencies.

Even though I made a guarantee of confidentiality, none of the interviews was recorded, since the informants felt uncomfortable with conversation being recorded. Therefore I asked all the interviewees if it was okay for me to take notes under the conversations, and they agreed. I made detailed notes of each interview. However, I noticed that at the time I wrote something on my notes, they became anxious and stopped talking for several seconds. Therefore, I chose to write briefly ideas during the interviews and elaborate them with more detailed information by using my fresh memory right after the interviews. And in the later chapter the data I present in this thesis includes both direct quotes from my informants and their stories I reshaped based on what they told me.

3.6 Ethical consideration

Ethical issues are crucial to the social science research, as Berg (2009) mentioned precisely researchers must ensure the rights, privacy and welfare of the people and communities that form the focus of their studies. Moreover, the researchers on the study did not themselves infect the subjects, once the study had begun, the investigative team actively interfered with the lives and health of the subjects though (Jones, 1993; Berg 2009).

In this research, the ethical issues that I need to take into consideration include not only my interview informants but also the staff of the counseling agencies. I did spent quite a lot of times communicating with the agency staff, since I need to be known as a trustworthy researcher. And I realized that during this time we became 'semi-investigating team' that shared information unconsciously. Although we all ensured the conversation confidential, I keep reminded me of the ethical consideration during the field work.

3.7 Data analysis: how I did analysis?

In addition to applying theories to the empirical data, I had organized my data into an analytical structure. This process enables me to have some initial findings of the data. Again, the analysis would intend to show the effect of the depression on the family life and

relationships. What I first saw is different family relationships which were talked about by my informants, more noticeably intergenerational (parents-child) and horizontal relationships (husband-wife).

Depending on the category of family relationships, analyzing would go through three different themes of the chapter. In the first chapter, the relation of parents and children would be the focus, especially mother-child relationships. According to the data collected in the study, the father-child relation or interaction not as active as one of mother child.

In the following chapter, I want to show the data regarding the marital relationships. The data show two types of marital relations, as two cases of informants were just get married, I divide relationships into one main marital relation(refer to the father and mother's marriage)and one sub-marital relation(refer to the child who get married and the relation between he/she with partner). Therefore, the main marital relation would be the main part of the analysis and the sub-marital relation is considered as an affecting factor. In other words, I would employ the theoretical way to investigate the continuity affective factors inherited from old generations.

And for the last analysis chapter, I choose to focus on a complex case which challenges my initial assumption on family in framing this study. It raises an interesting question who are and should be counted as family members? The reason why I defined it as a complex case is that the informant has none of family members who are playing actual family roles. It is not just because the family is divided nominally, but the concept of family and the name of the father and mother disappeared in this case. The individual is wandering in the society without any intimate relations existing in family, for this informant 'father' and 'mother' are just empty names for persons to whom he does not have a relationship.

3.8 How the interview was conducted?

My field work was carried out in my hometown, the city of YANJI, JILIN province, China. YANJI is located at the east part of Jilin Province. It is the capital of YANBIAN Korean Autonomous Prefecture, and also a stateside center of political, economic, cultural, transportation and international exchanges. The total area covers 1,748.3 square kilometers with a population of 650,000.

The field work was conducted at several locations. First, the city is my hometown which is familiar for me to conduct a research; it is also a representative city in china both geographically and culturally. Earlier this year I got the news that the Ministry of Civil Affairs identified YANJI as "one of the first national demonstration area of social work

services in 2014’’. In other words, it illustrates that Yanji is one of the cities where citizens and the local government regard social services as an important social affair.

3.8.1 Rehearsal and Reality

After determining the research topic and the place I would find my informants, I was anxious. I expressed my anxiety to my supervisor and she suggested interview some individuals before the actual field research. Thus I found three informants whom I know and are willing to be interviewed. This made me feel less anxious and more relaxed and confident in myself. Yet, in my mind I was still wondering why I felt nervous and worried about the interviews. It is not because I am a beginner researcher. Communicating with people or strangers was never a problem for me, then why? I found an answer from a statement that said “*why do you not take those depressed people as normal ones*”. These words hit my mind and suddenly, I realized that I did not fully understand the depression. This was not on the knowledge base but from a human point of view at the bottom of your heart.

I was considering that those people might be more fragile, sensitive and sentimental than the ‘normal individuals’ and I do not consider it as a misunderstanding of the depression. My concern is based on what if the self- perception led to misunderstanding of the messages from informants. Then the whole research will be criticized on certain level.

3.9 Reliability and validity

Silverman (2011) argued that reliability usually refers to the degree to which the findings of a study are independent of accidental circumstances of their production. In this research informants came from the two different consultant agencies. More specifically, the agency where I visited at the beginning of the research is named *Yanbian Psychological Counseling Research Committee*. After some interviews at the first agency, I communicated my concern regarding the ages of the informants to the agency director, because most subjects are young students from the university. In fact, the second agency is the one which this director introduced to me which is called *Yanbian Love Psychological counseling*.

Reliability refers to the stability of findings (Altheide and Johnson, Silverman 2011). At the end of the interviews, I discovered that I had met a variety of people who suffered emotional depression. For instance, these informants have a wide range of experiences, jobs and

locations which could indicate to the same results in different areas by different researcher in the future studies.

CHAPTER 4: FAMILY AND THE RELATIONSHIP BETWEEN OLD AND YOUNG GENERATION

In this chapter and the following chapters I would analyze how diagnosed depression affect family relations, in specific I divided these relations into father-children, mother-children, marital relations and one case which is difficult to categorize into my pre-made frame. Within the structure of the analysis, depression would be studied as personal experiences that can illustrate the changing process of the family interaction and relations.

4.1 General relations between parents and children

From the interview data, I see that the people who suffering depression had an intimate tendency and I consider it as affinity needs within family members. Psychologist Henry Alexander Murray defined affinity needs are *biologically driven human needs wherein they require bonds and attachments to others like themselves*. Normally the concept is applied to describe in social relationships, while in the depression research it can interpret that emotions need to take care not in universal level but extremely concentrate on one subject who is trustable and understandable in family environment. This is also reflected in my interview data. My informants describe affinity or their intimate/close relations to their parents as such:

YoungTea: "...mother and I had quite similar characteristics, so when I was suffer for something she is the only person I want to talk with...no, I never talk with others about myself, about my feelings...I do not think they could understand."

ShengJie: "...I never talk about my feelings with my father, I tend to keep it myself...but sometimes I will talk with my mom, even she is not live with me at that time I feel like it is more comfortable when I talk with my mother."

HaiYue: "...Father has strong temper and he is selfish even manipulate other family members...but he is good to me, because I study hard...But he scared me, we kids all stand on mother side..."

ShengFeng: "...they quarreled a lot, I hate that especially my father's suspicious for my mother...I prefer talk with my mother than father..."

Ms Lin: "...when I had my temper, I just say whatever came up my mind...sometimes I even shouting to my mother, at that time I just want to split out all my negative feelings...but never do that to my father..."

It is considerable that the interaction within family members has the routine of the individual relationship of universal. In other words, nonetheless the emotional disorder is lead by the social or family based reasons, the self try to find a way to protect him/her with their own way. Freud (1972:27) has a defense mechanism theory, in general state, it refers to a way of protect one's inner self. Depression resume as an attack to the individual, and the defense mechanism emerged to protect oneself. It might have different steps and the reasons to move on to fix the problem. But in this study shows that one focused supporter is the defense mechanism when the informants overcome the emotional disorder. Freud's defense mechanism theory also believed that the defense's primary task is to remove the anxiety. The anxiety in this data showed lack of the understanding or the need of intimate and affinity relations with one of the family members. Therefore, for the safe situation individuals tend to choose the one who shows more consideration and sensitive for the self.

Other than that, the data also shows a tendency that all the informants prefer to have intimate connection with their mother than father. Lillian E. Troll (1987) commented that in an exploratory study of the relationships between gerontologist and their parents, gender differences are profound. Both man and women in Troll's study reported more involvement with mothers than with fathers. Femininity of the women and mother include communication tendency, sentimental, considerable and so on, while fathers' character seems too strict to close to.

Also cultural element is need to display that famous Chinese sociologist FEI (2008) believe that in a Chinese context women and men had different part of the role that as a head of the household men tend to go outside to work, to hanging with friends even make excuse to going out, because if the man is staying at home and companion the wife most of the time it could recognize as "good-for-nothing". It could understand that men consider the domestic issues as women's belongings and it also reflects common recognition of the population. And it seems nature in this cultural background women as a domestic manager spend more time with their children and have intimate and long relationship with their children. In the opposite fathers loss the way and the sense to talk with their children during the time flies unless the role of

connecting messenger of the mother, barely no connection with their children-no words, no compliment even no blame. One of my informants put these as such:

“My father is a direct man, he will express his emotions or opinions whatever he want, never consider the other’s feelings who heard that things...at first my mother and I feel hard to accept that, we are very sensitive for his words...sometimes mother and I know he may not say bad about us, but we still really unhappy for that...actually me and my father are quite close when I was little but after all these years separation, hard to contact with him for years, moreover father and mother’s relationship is not that good made me feel far away from father emotionally... after several years divorce mother decide to reunion with father but mother and I still need to bare father’s temper and life style...hope we will adapt soon.”

From his narration I saw the process of the relation within YoungTea and his father. At the beginning, they are good and then go through separation which lead to rejection and finally try to accept each other. And in this case mother and the informant is a concrete union versus the father, if the mother did not work hard to rebuild the marriage with father, my informant would never had a intimate connection with father at least this case shows the possibility. Again the traditional interaction with father and children is negative for the family especially the family who had depressed children (include both young and adult children).

There is a big alert behind this case that the traditional concept of mother inside and father outside strategy is not fit for the family nowadays. In this transforming society, family members are exposure in high risk of separation the high rate of divorce could explain that. However, as I mentioned above depressed informants emerging their defense mechanism to choose mother as the only intimate person like in this case, it means the informants may able to lose the care from father and it may not because the father do not willing to share their kindness. In other words, if the relationship of father or even mother and children is developed in one way that have intimate interaction with only one of the parents, more stress could gain to the informants who still suffering the disorder. However, in other direction, from the case the son’s depression in fact contribute to the reunion of father and mother after devoice. Therefore, the possibility of healthy relations with parents is expected.

4.2 Mothers and sons vs Mothers and daughters

During the interview research there is a question come up in my mind is that how is the difference between the mental illness and the physical illness impact for the family members. Li Zhu (2008) argued that differ from the physical illness mental disorder would had one more influential factor and that is the pressure from the society. As the depression also is not widely acknowledged, people would react in negative way to individual who has the illness, even the families. Even the depression as a mental disorder is not recognized as a most serious problem, still less it could easily get critical reflection from the outside. And that might be influential for family interaction or self attitude of the individual. In my study, I also notice even though the informants often have intimate relations to their mothers, there is a difference between mother- son and mother- daughter relations.

4.2.1 Mothers and sons

Here are the narrations informants felt of mother on the illness period.

YoungTea: "...at the very first when I was struggle by myself I behave really rebell...I felt I need my mom to stop me, but she did not...maybe she cannot...she did not strong enough to stop me...I do not know I just felt that...and it's been quite a long time since I had the emotional thing, I felt it is cruel for her to worried about me still...I do not want to let her worry more..."

ShengJie: "...I remember the time I saw her at the airport after all those years...she seems thinner than I remembered her, I just walk towards her and hug her for very long time...at that time I speak less, but I know she understand that...and I just crying even very loudly like a kid...after that I feel relived in some way...I do not know I never felt that with my father."

ShengFeng: "...father has strong suspicious on mother, because of that they quarreled a lot...I hate their fight but more hate my father's attitude..."

From their narration, I can see the strong intimate connection of the sons with their mother. Moreover, from the words they also showed 'sympathy' for their mother. On their very unconscious mind they rely on their mother but also they remind themselves that as a woman mother is a 'weak' feature compare to the father. Thus in their imagination mother has double

character, on one side mother is sentimental that could share their emotional suffers with, while on the other hand they understand it might hard for the mother to take whole responsibility of the issues and the self conditions. Behave like a kid but feel like a man inside who really care their mothers and want to protect them.

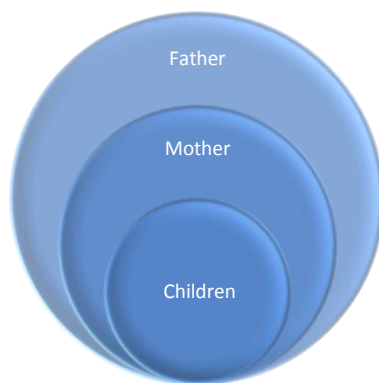
It also illustrated the expectation of the father from the sons. They know the limitation of mothers' function means that they need the fathers' character to back up mother and themselves. Eiden (2007) consist that within a broader family context, father's responses to children's emotions had no direct relationship. However, it does not mean that father's responses or supports has no impact on children, indirection refer to on the way of convey their consideration fathers have differ way with mothers. In more straight way, from the informants' sympathy' expression I consider it to be the 'different way of consideration' that fathers pay more attention on economic support for the family, while mothers to emotional help for children. However, what they miss from fathers (masculinity) might be the basic level of emotional support, and it more obvious on the depression issue. It might include material support, strategic idea and so on. Since this ability would support the informant self, more importantly could support their mothers to overcome the tough situations, fathers have the obligation to empower the mothers ability and it would empower their children- the informant as well.

Yet, there is a real case could illustrate the situation when the mother loss the father's sustainable support. Mrs Wong (Pengpeng's mother) narrated that:

“...Pengpeng's father and I divorced since he was 5years old, so Pengpeng would go to father's house several times in a month... I remembered once he stay with father for half month but when he came back I found that he was very dirty and nasty. I was very angry at that time because it explain that his father did not take care of his own son well...but Pengpeng did not mind it, he even likes to go to his father's house and stay there...I guess he might feel free there no one always nagging him like me at home...I know...I just angry a lot when he did what I cannot appreciate. That also could be one of the reasons...I know he hate that but I cannot help to do it again and again.”

There is certain factor in this case which the cases above do not have, which is father and mother has no marriage connection anymore, thus Pengpeng cannot experience the informed (nuclear) family environment since he was very young. Naturally, Mrs Wong burdened more

emotional stress than others; it comes from the Pengpeng's depression as well as the lack of companionship. As she said the more she suffering for the situation the more tough and negative words would speak out. It is overwhelming for her. For Pengpeng, father is more like a relative who could release his tension with mother. As in this family system, as the only child in this 'family', Pengpeng need to have more special care from the parents, while out of the cover of fathers role Pengpeng is relatively exposure in the dangerous factors more easily. Even though mother protecting as long as she could, she is the one also deprive the only protection or support of role of children's father. Meanwhile, mother role need to take all the heavy pressure from the outside world and responsibility inside. All these effort is consuming the individual's energy and patient.



This diagram illustrates the conceptual model lively. Patterns would be different under the real situation that father, mother or the role of children might have their own position. However, these cases show in reconstructive way that when the stimulating element impacts the children e.g. emotional depression, this model family could have the capability to prevent them from the crisis. I called it onion model, as I mentioned above father is the first protecting level and the children is the most protectable core and mother is the most essential role. Father level's function is that in this situation protecting family from the people's misunderstanding of depression or the objective burden such as lack of material burden. Mother's functions would include connecting the relations of children and the father level, and more importantly would be the emotional support for the children. Further, since the family regard as a system, the sub-systems would mutual restrained also, other words, if one of the elements could not able to function well or even loss then huge impact would gained to the other level. And most of the time those effects are not helpful for the informants even for the family well-being.

And from these two side of the relation of mother and son could also find an interesting point that because of the depression illness enable the patient cherish more their close relation to

mother and at the same time, let them be more aware of father's role. This tendency is not happened immediately or even obviously. Even though, individual needs cares from both sides of the parents, when it is unbalanced they try to lean on one side. And that choice is unconsciously known by them as a fact which they did not notice before.

4.2.2 Mothers and daughters

Unlike the mother and son relationship, interview with the female informants shows a different tendency. Freud (1993) wrote that daughters can identify themselves with mothers in addition to become attached to them while sons can only become attached, and thus daughters have stronger bonds.

Haiyue: "...my mother is the one who always bare father's extreme selfish words and behavior...I feel sorry for her, and I think that made me mature early. I am quiet when I at home, I just studying and try to not make any trouble. Otherwise, father would say it is all mother's fault to miss leading me, though he never try to teach me anything... In that family environment I was stressful, on one way I really want to escape from there but I concerned my mother...I love my mother, but sometimes I just remind myself I will never have a life like her..."

Ms Lin: "...she is a business woman and father is a labor man; she earned a lot of money earlier but it did not last long. Her business meet crisis and parents got divorced...after I graduate high school I have a strong eager to make money, I went to eastern Europe to join my mother's selling business at first then I independent from her, I got my store...when I came back from Europe I bought my house and I am happy at that time because I thought I have a 'Home' again. Yet, soon I realized that it just a house with me alone, not the home with family members that I wanted. Then once I blamed my mom that 'you have your home, father has his own as well but I do not have any, I feel like hang in the sky, it's empty like the house I bought, empty..."

Haiyue is the one who fully understand the situation her mother been through for years and concern the life of her mother's unhappiness. And put more sentimental and emotional elements on the past and use for the further reference, while Lin has quite different

understanding of mother role effect. She felt derived of love as the family dissolution, and what the Freud mention that she learned from mothers failure and try to get back what she been lost, in early life.

Mothers and daughters relation has similarity with sons' which is the intimacy with mother is stronger than with fathers. Female informants tend to share their emotions and feelings with mother, while other than that slice of differences also appeared from the narration. As the informants shows that mother's role is been consider as a lesson. Every step the mother choose to go, every words she been told and every moments she been around are distribute the picture of daughter's recognition for the presence and for the future. Thus for the daughter mother is the one who could understand them extremely, and a life example as a woman at the same time.

Those female informants indicate the influence of their mother's role to the further life. It is natural response for those informants, but I have a question, why it has to be mother?

Freud's theory explains that object presentation of mother would become psychological structure and melt in ego. Life for those informants is stay in practical level they did not experience much and sophisticated when dealing with their life. Thus what mother's role is impressive either right or wrong direction and the logic of the choice is simple and relative. Haiyue choose to unlike her mother's life, as she does not want to involve in that frustration again. Lin choose the same life of mother, try to pick up what she lost already, she did not been thought other way to keep it. It could explain with the same sex role, Lillian (1987) mentioned that mother feel more familiar with daughter and daughter feel more reliable with mother. Daughter as a female feature the first influential same sex character must be the mother.

Comparing the two different relationship of mother-son with mother daughter, the former relationship has stronger need for father's character than the latter one. Since the female informants need more intensive emotional intimacy than male informants, other words male informants need not just the emotional understanding but also need confirm from the father as the same female feature. And it also could say that female informants already had both factors at the same time.

4.3 Relationship with fathers

Father-son relationship, as mentioned above, has no direct impact on the informants, though the father role illustrates the unique system strategy in family context. For example, at the

first time appeared father-son has weak connection than mother-son relation which is uncovered by the certain need of depressed issue. Yet, after that informants reveal the relation, in different way, and depend on their demanding, strategic father role is constructed under the discourse. And according to the onion-system model father is the defense character and that is essential on macro level of the family developing.

4.4 Findings

At the end of analysis of the parents and offspring relationship with emotional depression issue, I am trying to remembering all my informants and my questions. What I think is challenging in my analysis of changing in family relations due to the depression of the child, is what the family looked like before the child suffering the emotional disorder.

At first, those informants are suffering inside more than outside. And that is why this research turns the attention into the family members' relationship, since I thought that if there is a problem that is private and passive than the family supposes to be the first place to protect and prevent. Yet, the protection is not satisfied. Mother-son and mother-daughter relation explain the need of mother role and it was positive, while father-son and father-daughter relation shows that the ability of father take care of emotional illness is not effective. Therefore, what I saw from the informants is only mother and children covering the depressed situation.

Still it is hopeful that the needs and requirements apparent because of the illness. If the depression did not affect the family, they would never know the mother-children intimacy is significant that much, and father role is such an irreplaceable character, emotionally. Illness makes them have different understanding of their relations to mother/father and of family roles.

Yet, on the other side, I tried to be critical on the parents' related analysis. It was undeniable that family environment is truly influence individual's upbringing. In terms of their values, recognition even behavior, while it is the choice of the individual that choice from where they from to how they will go on. People argued that life is deeply relate to the family, how does the family members' character or roles effect them or most commonly family incident might occur dramatic influence to them. Indeed according to data and statistic shows the variety little world inside the family context and environmental influence is proved to be significant. However, the power of choice is never been abundant by the individual, empowering energy of recovering by own also need to emphasis on the further research.

CHAPTER 5: MARITAL RELATIONSHIP

In order to understand the impact of depression on couples and families, as well as origins within these systems, it is important to understand the nature of depression as an emotional problem. Valerie (2005) argued that for most individuals and families, depression is not a one-shot disorder, which eventually remits; it is more like a chronic illness with periods of fluctuating, subclinical symptoms punctuated by full-blown episodes. As the focus is on individual, while social system is not the only and direct influential mechanism to the individual, between the social and individual family suppose to be the buffer zone to slow down the pressure. Thus in this chapter family incidence would be the entering point to analyze depression starting process and further would talk about the effect of the depressed incidence.

5.1 Parental divorce and depression

In china, we say parents are the first and the last teacher of the children. It refers to the long process of parents care and lead, and also emphasis the importance of parents' role to the children's life. As I mentioned in the last chapter each of the parents has differ inspiration for the children and it would affect individual. Therefore, parents' separation is significant factors to the informants and to the depression research.

Key informant Youngtea(YT):

YT's father went abroad, leave YT and his mother live together when YT turns 13years old. After father's absence he was been through serious school issues which were impact him fully negative. At the first one or two year of hard time his mother had no idea about what his son went through. He said he is rebellious behavior for quite a long time but seems like his mother took it as the adolescent period. YT's mother is a working woman; she managed the family business of manufacturing, thus quite busy with the business at that time. When she realized YT's illness, he was already barely go to school and cannot control his own feelings. Mother was panicked and asked for help of her sisters. As for the cure, mother took YT to visit a lot of psychiatrist and doctors. If the cure is effective then find other agencies and doctors. However, even if how they are struggle and make effort the illness is never try to leave him alone. He quit schooling from the second grade of high school, according

to his narration it was indescribable less of confident with the students around which make him feel diminished at school. After quit school he was stay at home for a while and try to find job. He said he found one but it was not easy to take, since the work was physically tired and hard to along with people around as well. Then he decided to come back to home and work with mother, he feel comfortable that there is no more stranger deal with. At the age of 20, YT's parents get divorced. And the symptom was serious ever, he stay at the mental hospital for several months he did not remember the exact age when he went into the hospital. Another 6 years since his parents divorced, parents decided to reunion their marriage.

It can be generally assumed that adults with divorced parents report a lower level of well-being (Amato and Keith 1991) are depressive, have more emotional problems and are less satisfied with different social and family-related aspects of life. In this research I have 9 informants and four of them experience parents' divorce at their early ages. Further, question emerged that if the divorce is the direct effect of the depression then what is the indirect factors. According to the key informant two indirect paths are considered: the first one is social-economic status and the second one is relational characteristics.

In terms of the social-economic status, family income would be the first considerate changing factor. As the key informant situation, divorce would automatically leads to a reduced standard of living for single mothers. After a divorce and loss of additional income, single mothers are financially obliged to move and to work more hours, thus devoting less time to their children (McLanahan and Sandefur 1994). The reduced time with children leads to a situation where divorced parents are less helpful with emotional support. If the YT's mother is not a single mother and not carry the life burden, YT's fluctuated emotions might took care early and effectively.

Sociologists and/or development psychologists mentioned, the diminished social control and inefficient regulations of the divorced parents in particular have a negative effect on the children's behavior (Barber 2000; Furstenberg and Kiernan 2001). Interestingly, most of the time behavior is the first message of uncomfortable, miserable, confusion etc. negative feelings and emotions expression. Specially, divorced parents spend less time with children indicate the less time of conversation with each other.

Further, researchers argued that children of divorced parents tend to drop out of school earlier, and less inclined to attend higher education, thus in general are less educated. There are two reasons been analyzed that one is economical issue and the other is individual' choice. For the economical issue children of divorced parents are expected not to be able to commence university studies because the financial barriers are higher. Not particular in this case, but single parents (single mother or father) financial burden is heavier than before. In adulthood, these short-term consequences can lead to a higher chance for unemployment, work with a lower status, a lower income and financial problems (Amato and Keith 1991; Morrison and Ritualo 2000), which might be one possibility but not for all cases. However, my informant shows more about individual choice. Economic status is a negative issue, but it was not the main reason to stop educating. In this case YT's parents divorced and mother become breadwinner still they could afford the education fee, the reason he quit school is that he had negative experience at school and that make him loss the eager of study and the self-esteem. In other perspective, parents have high standard expectation to their children in Chinese context especially for the children's education. If the children got good marks or rank high in the grade, they would reward sometimes and show their proud. Thus, social economic could not regard as the significant factor of depression, yet, financial tensions increase the attention paid to family problems, which can in turn aggravate feelings of frustration and depression (Conger et al. 1990).

Relational characteristics applied by socialization theory. Amato and Keith (1991) believed that the breakdown of marriage leads to difficulties in forming interpersonal relations for the children involved. This model states that negative effects from divorce are the result of dysfunctional learning experiences associated with single-parent families. As we could see from the YT's case that children who as such are not socialized in the same way as children in two-parent homes, feel more rapidly attracted to their peers with the same rebellious character, which can have an effect on the later personality and behavior patterns up to adulthood (Simons and Chao 1996). Indeed, the interaction with friends has such difference compare with school times and after school times. Thus at the end of the interview I asked informants about the interaction with their friends, and here the two informants answering.

YT: "I do not have any friend, the only I can say as friend are those who met at school, but I quit school early so we do not have any connection..."

Ms Lin: "...I have few friends and all of them are known from teenager, because we know each other from school times. People say it usually hard to

make friends when you step into society; I do not if it because of that or I am the one who others do not want to be friend with...”

None of them positively say that they have close friend to talk with or share their secrets. And I assume that relation with friends is not the only group of people they could not involve in. It is an unrecoverable circulation that the following effects of divorce heavily impact on depression, and the two negative factors-divorce and depression-add to each other become greater and lead to further damage of personal life. It supposes to have the breakthrough point which can lead to the better life, and I would talk about it in the following chapter.

Overall, I might able to believe that parents divorce is significant incidence to the individual's depression or relatively relate to the depressed informants, and as always it was not the only reason lead to depression. However, as a symbolic family incidence divorce represent the unstable family structure and would affect the further family interaction of adult-children.

5.2 Marital situations of young generation

Marriage mark a transition in the life of young people: the formation of a new, procreative family in exchange for the old nuclear family (Naomi, Anneleen&Piet, 2008). According to the previous studies, children from broken homes are more likely to end the marriage instead solving relation problem in constructive way. Yet, how does my interview data say about it? Here I will analyze one case

Case of Xianfeng(XF)&Haiyue(HY):

HY and XF is a new married couple. They met at the workplace nine years ago and met each other seven years, got married for two years. In their seven-year intimate relationship experienced many ups and downs. They work hard together outside, so that they support each other and care about each other to establish deep trust. Their job in the big city has met a lot of difficulty, thus they end the two years of hard work in Shanghai returned home to Yanji and ready to start a new life. However, bad thing happened to XF in the workplace, and this time he could not as strong as before, XF loss the passion of the work as well as the life. Even though HY never try to give up encouraging XF, time made the couple stressed and began to frequent quarrels and conflicts. At that

time they feel they were not able to understand each other anymore. Their relationship faced a major challenge and the two people thought about ending it. Personal conversation with HY, she said her family is not rich when she was little. Her father was an orphan, thus HY believed her father has a strong sense of victimization and also very selfish, he likes to use words to attack others, especially family members. Leading to a bad relationship her mother, even the children can hardly stand the father's selfish, thus her brother began to rebel, quit school at the end. And that made the family keep high expectation to HY, she was work hard to reach their expectation as well. HY was a sensitive girl, attending high school away from home, she seen the interpersonal relationships are sophisticated at her early ages. After graduation work nearly year and a half in the Shanghai with XF and return to the Yanji. On one hand is the relationship crisis and the other is unstable career faces on her, plus her inner contradictions. All these issues overlapped that prompted her depression, but she does not know how to deal with and the depression gradually strengthened.

XF describe himself as a shy person. Since his parents are public servants and insist strict tutor for him. And because of the way of being tutored, he was afraid of being criticized. If someone criticizes him, he would feel low self-esteem and that made him lie to people for being a nice man as he explained. And this behavior is also highlights out within the intimate relationship.

Both XF and HY were pointed out an important turning point of their relationship is a sincere dialogue. Within this dialogue they honestly talked about short-coming, which may or may not relate to the family environment. And the deep feelings about how they thought about parents and the expectations of their future life with new family members so on.

In this case HY is the case who experiences the emotional depression during the relationship with XF. And after diagnosed and join a counseling service for a while, HY's psychiatric counselor suggests that XF join the counseling would be better for further relationship. Therefore, XF join the counseling and one year after they got married.

It described the transition from old generation to the new generation.

Firstly, they were grown up in different family environment. Their parents also have their own experience of life which refers to the idea of educate their children. Indeed, parenting is

more based on the parents' own experience. It was hard to define the right or wrong way of parenting, still effective in both ways, and the children have to accept it. After growing up to an adult child, they are able to judge their parents. When they realize that every piece of the life is related to how they were brought up, they need to reconstruct themselves. For instance, from the macro way of family income to the micro level of how much they can get when they were little. It is a long process to let a subject to know themselves and understand themselves, which we may call it being adult. Then the story of the grown up children faces a new stage of life that prepares for the new family, as usual it has the following challenge. I find an interesting point of this HY's case that they are just getting married and settling into a new family. According to the system theory, they are in the middle of an old nuclear family system and the new nuclear family system. Thus the influence from the old generation and the connection to the next generation is clearly appeared in this period.

For instance, within HaiYue's narration I could see that her family environment shaped her characteristics that tend to be patient, quiet. As I mentioned above of the interaction with parents, Haiyue is intimate with mother than father because in her recognition father is the one who is selfish and scared to her. Therefore she developed herself to fit for the early environment, while inside her conflicts occur with the one she already made and the one she wants to be.

Yet the effects to the next intimate relation need to be considered in a positive way. The positive and the most impressive change is that the crisis strengthens the new intimate relation, recovers and improves the individual. In other words, HaiYue's depression becomes a positive factor for their future life.

As in this case negative emotions cultivate with certain incidences and exposure as depression. Normally, more object and subject issues need to be considered. While according to the informants I interviewed, the experience of depression is a turning point to a better relation. As I remembered at the end of the interview XianFeng states that "...at first I am not willing to join the counseling, but Haiyue told me that it would be helpful for her and as her boyfriend I cannot refuse it...after the counseling I feel that it is helpful for me as well, and we can understand each other in a very new way. If what we did before is blame each other, I feel like I can understand her more...still I thought if we did not attend the counseling or Haiyue did not have the emotional problem we might break up at that time."

Thus depression is a strengthening factor in this case, and I assumed as long as the informants and people around them, respond effectively disadvantage could elevate to the advantage.

While, the other tendency is because of the long period of experience the effect of the depression is continuing. As the YoungTea's case after nearly 10years of illness which is still continuing in stable level. He just got married one year ago, finish the two years of knowing each other with his wife, he felt destiny with his wife. The new couple did not live with Yongtea's parents anymore, but new house is close to them. He said that his wife share most of the emotional burden with him, those he used to share with mother, now tend to discuss with his wife. And those burdens might from the domestic chores to the bad emotional mood. Still, he is on the process that needs to keep counseling at least three times a week, and work with his mother in the factory. He said that face to the strange people or new working place is a challenge for him. Even though his depression continues to affect the individual, and still could not able to face the world outside, he did overcome the hardest time with his parents and have a new supporter of wife.

McMillen(1999) argued that the resilience research suggest that people can benefit from difficult life events. Indeed, Haiyue and Xianfeng couple is overcome a hard time of depression but also it helped them to move on to the next stage of life. And for Youngtea couple they carrying the depression from one to two persons that would help both of them to go through and move on. Depression as a symptom regard as a personal disorder at the first level, while it is not just individual problems especially afterward. It was a crisis for informants and the family members, thus they hold hands together to go through it and both the family and individual would strengthened by this crisis. Maybe it is not a fully happy ending story, objectively it need a long time to completely recover and depend on how the couples interact with, different issues would occurred. Still, from my informants I found that even if they cannot totally overcoming depression they also can make their life into next step and it definitely helps the individual to empower the ability of deal with depression.

5.3 Finding

Interview with informants who got married, I felt that I could not reach the area of how they interact within daily life. I try to ask them about how is their marriage life, but the answer was ambivalent. I assume that it might because of I am a young researcher, point is younger than themselves. They might think it is inappropriate that talk about their private life with young lady. Or the world inside the room is not allowed to open to the other people normally. Therefore, for me it is an interesting and secret part of this research.

CHAPTER 6: WHO IS THE FAMILY MEMBERS-CASE STUDY OF GENHEE

In previous chapters I have discussed about the depression and the family members and those relations. I never doubt about the essential role of family and their role affects individual's life. If we want to explore the reason why increasing populations suffer for the emotional depression it has long list of factors to be considered. However, in this research I tend to investigate how the family reacts when the depression comes initially. Indeed, my assumptions are relying on the fact that family relation is concrete and precedence over other relationships. Yet, one of my informants reminds me to rethinking about what I believed about the family.

6.1 Reconstruct family relations

The nature of family is the family relationships and the family relationships refer to the relationship between family members which is based on the rights and obligations of marriage and kinship relations. Specifically refers to a family member's different position in the family, different responsibilities and different relationships with each other. Family relationships generally demonstrate to the relationship between the two roles in the family, and then the overall relationship between the links is regard as family environment.

6.1.1 Assumptions

Firstly, Family relationships occur is different from other social relations. Family relationship based on marriage, blood and kinship. And the status of living with people has the intimate connection emphasis on the family relations are start with marriage and gene relation as bond. In contrast, other social relations neither marital relationship, nor any blood related, and many more karmic¹ relationship is based on.

Second, Family relationships performed a specific interaction between family members. Interaction between family members has both substances and spiritual aspects. For instance, material production, cost of living, sexual intercourse, offspring, parent-child emotional,

¹ Karmic is a special close relationship that once existed or being in the presence of occupation, career and other reasons caused by regular exchanges generated, such as teacher-student relationship, classmate relationships between colleagues, comrades relations, trade relations, consumer relations, class relations and career relations.

family entertainment and where sexual intercourse, offspring, parent-child relationships are special interaction and could not find in social relations.

Third, family relation is the most common and the long last relation. In the history of the development process, many social relations disappear, or change the form; only the family relationship has been preserved and maintained the basic form and content. No matter how the state changes, how social change, no matter which nationality, which region all has the family, also have family relationships. Everyone, from birth to death are inseparable from the family, plays a specific role in the family, a specific relationship with other family members.

Forth, Family relationships are the most profound and intimate relations. Marriage and kinship include not only the relationship between economic interests and living together in coexistence relations, as well as deep emotional relationships. This is incomparable for any other kind of social relations. Precisely because deep and intimate family relationships, it is often said family members affected for a lifetime. And play a fundamental role for members' worldview formation.

The fifth, family relation has more social control and a higher degree of standardization. Compared with other social relations, family relations have more social control including legal, moral, customs, religion and public opinion. Almost all countries have developed strict marriage and family laws to make family relationships legalization and standardization.

Indeed, family relations have the special meanings for individual, and essential than any other social relations. However, Genhee's case made me rethinking these assumptions.

6.1.2 Case of Genhee

Genhee(case1) background information:

Genhee is a secondary student in the University of Yanbian. Her parents divorced when she was six years old, and she never meet her mother since then. Her mother did not visit her or call her; she said she cannot remember her mothers' appearance as well as her voice. Her father experience mental illness when she was a primary school student. At first her father stayed in the mental hospital, but for some reason he left the hospital three months later and stay at

home with taking medicines regularly. Therefore Genhee and her grandparents (father side) need to take care of her father, while it was hard time for Genhee and her grandparents to along with her father.

After several years struggling with Genhee's father grandparents decided to move to their other son's place with Genhee. Situations turn to worse for Genhee, grandmother got ill when she turn to a high school student, thus grandmother cannot take care of her anymore. Genhee's uncle arranged grandmother to elderly house for rest and cure. And Genhee have to come back to home and live with her father. Genhee said she know why her father have mental disorder, she said it began with parents' divorce. Actually Genhee's parents divorced twice, after the first divorce her father plan to start his own business but not success and lost huge amount of money. During the hard time her parents was get back together once but did not last long and divorced again. All the incidences attack father's mind and had the illness. Even though she knows the reasons and tries to understand father, it is not easy for a teenager to bear alone. Because at first, she need to take care her father meanwhile catch up her study at school. She said father's illness is intermittent episodes. In the ordinary mood he could wash, cook and any other domestic cores, while if the symptom stimulate then he turns to annoying. At that time she cannot do anything but try to stop what her father tries to do. And the other factor is family economy crisis. Her family did not have any income, father cannot earn money because of the disability and mother lose connect for a long time. And grandparents is already old and cannot do any labor work. She said at the very hard time her grandmother has to go to the open market and pick up some of the vegetables thrown by the sellers.

Fortunately, those neighbors who know the tough situation of Genhee's family help to find the supporters for Genhee. Mrs Lee is one of Genhee's main supporters; she is also a counselor in a psychiatric counseling agency who offers the counseling service for Genhee afterward. She was support Genhee herself and find more sponsor for her at the same time. Thus Genhee could continue her study and able to afford the tuition fee of the university.

Genhee is not an orphan but technically none of the family relations connect to the functions of the family.

First of all, parents have the obligation to bring up their children and offer them the relative resources to develop one's physical and emotional personality. While, in Genhee's case mother did not and father cannot able to take the responsibility because of the illness. At the early age Genhee has her parents around and took care of her, it refer to the family has the kinship based marriage and blood. Since her parents divorced other family relations need to think constructively. Genhee's mother left her after she divorced with Genhee's father and the mother role is taken by Genhee's grandmother. But grandmother is old and physically weak thus cannot able to take the responsibility. Therefore, for Genhee the role of mother is more like a symbol which is never experienced.

"I do not know how it would be if I have mother around, people say mother is the best person in the world, but I do not know how that might be. So when my friends talk about the good things about their mother I have no feelings about that, because I do not know I never feel that I have a mom..."

About the absence father role, it is not correct as she has her biological father who lives with her and suffers mental illness for very long time. However because of the illness Genhee is hard to connect with her father. *"It is hard to talk with him seriously...and usually we did not talk...I really do not want to go back to home and live with him but I have to."* Father for Genhee is the one she have to care and also heavy to take care. In this terms, father role is actually do not functioning it just stay and exist there.

It is obvious in this case that both of the father and the mother role is missing for the children. Father's mental illness and mother's leaving and the poverty drive Genhee direct to the emotional depression since she was high school. And grandparents more specifically grandmother used to take the responsibility instead of her Genhee's parents. Problem is she is old and also has her own children, her second son-Genhee's uncle worried about his mother's health, decided to take care of her away from Genhee. For her son, it was an obligation to take care of old mother. It shows the different positions of the family members. For the uncle his mother is more considerable than his niece-Genhee, even if he knows the difficult situation of Genhee he chose to protect his mother initially.

Genhee's case may be a case of lose nearly most of family functions and supporting. Yet, unstable family relations and functions are not hard to find in reality. For instance, among the nine informants five of them suffer for the domestic issues and most of the causation is divorce. Initially, divorces refer to the change of the family structure, and weak part of family

relations depends on the situation part of the relations would be stronger. Then how should we define the family members and their relations and the responsibilities.

Therefore, the other rethinking part is the deep emotional relationship within family members. In order to analysis this I need to continue Genhee's story. After the interviewed with Genhee I got a letter from Genhee's counselor Mrs. Lv which is she received from Genhee and Genhee agreed of show to me. Mrs Lv is the person who heard about Genhee's story and helped her since high school, she called her teacher Lv. And this is the part of the letter.

...So I started one step closer to you, and you again and again to solve my problems. Because of your help I was able to go to the university and continue and there is no more economic pressure on it. In addition to funding the economy back on me, you also suggest me to take psychological counseling, help me to escape years of depressed emotions. Teacher Lv, you for me is a teacher, is the mother of success, is the indicator of life, is my wings, is the one who listening to me, and is the one who able to see through my inner side. So I'm going to continue to tightly attach around you-teacher lv, in the coming days, because I believe that when I have any difficulties you will always come and help me at the first time...

Mrs Lv as a counselor who support Genhee personally and institutionally. At the beginning Mrs Lv is support more on material based but soon Mrs lv realize that it is not enough to support by herself. As she used to work in the government based NGO, she knows some of the organization could help Genhee. Therefore she tries to connect with local organizations to help in multiple levels and also contact with the university. Because of the Mrs lv's effort Genhee is able to reduce the tuition fee from the university and also get the extra expense for daily use. Other local organizations offer Genhee most of the study material.

Back to the case I was try to understand Genhee's mother aspects; situation is hard for her I assumed. Because, they already have domestic issues of the couple, and economic crisis upon them, it might be the choice of better life for her. Mother abandoned Genhee and her father, grandparents is too old to take the custody. Officially, Genhee is exposure in the society without the umbrella of family. **Who are the family members then?**

In the letter Genhee shows both her respectful and the emotional relying on Mrs lv. Indeed, according to the object theory the object explained as love-object. Usually the love-object is mother or the mother figure, but like in the Genhee's case the love-object is taken by the

person who has the intimate relation with regardless of the kinship. Besides, within this case I believe the love-object illustrate as a tendency.

It is a belief for individual that being loved, It is strong and fragile thus each of the person carrying their heart cautiously and give it to the most intimate and trustable person. Usually, people believed that parents are the person who give the unconditional care and love to their children and the children is the receiver. If it was a normal pattern of family relations then the depression as a stimulating factor shows how the individual react with the love-object absence. As I noticed from the informants that most of the depression is happened during the process of missing love-object. As I describe the family system to 'onion' (in Chapter five), it indicate that the onion is uncovered and the children who is the most vulnerable and protective part of the onion is exposure under the society directly. It might have different results depend on how many pieces of the onion have been removed. But it is a tendency that the depressed individual emerge recovering mechanism to search for the replaceable subject out of the family. For Genhee, Mrs Iv is the subject who she could rely on emotionally. Thus I have to argue that the love-object is tendency that did not stop as the parents' absence; it keeps on the tendency of being loved in the other relations.

However, the subjective feel of existing love and the objectively existing love has the different meanings. As the love is subject feeling, it depend on how the individual responses. In Genhee's case, she could feel the concern from Mrs Iv, and she willing to receive the consideration as love thus they build the intimate relationship with each other.

Within the interview with one of the psychiatric counselor we discussed about the relation of depression and the family relations. The counselor mentioned that:

“We have quite a lot of family related theory to understand the interaction within the family members especially the parents and children...but what I found during the practice more depend on the feel of love. Initially parents are the representative role in love, because most of the patients who came to me must mentioned about their family, either their family instances or the unsatisfactory relationship with parents are significantly effect to their further life...and I feel like sometimes it just not because of they do not given, it more depend on how they recognize the love and how much they felt it...”

Indeed, for the adult children the object-love is not stay in the parents' role any more. It moves among the relations with other person, for instance husband/wife, friends/colleagues and teachers/superior. People may say it must different needs what they require from family

members than the other relations. Of course, the social relations cannot replace the family relations, while the emotional need is the same. In other words, it is hard for the social relations to give unconditional and sustainable emotional support to the individual, but it does not mean that the content of the individual emotional requirements are different than the meaning of family emotional support. The reason why the object-love could move to the other relations and individual always mention that unstable family instances or relations effect for their further life is that basically the emotional need of the individual from all of the relation is relatively the same.

6.2 Transitional family

I believe emotional issue is essential in individual life-span, because of no matter what age or what kind of situation the individual is placed, intimate relationship would made individual emotionally stable. It is lucky for Genhee to meet the people like Mrs lv who could prevent her from the more damage situation. While, I could assumes that there are much more people who is suffering for the depression and the family issues. How could we prevent individual from the depression and from the family instances?

6.2.1 Towards the postmodern family?

As one of the most striking features of modern societies and the most influential family instance for depression, rapid growth of divorce is considerable factor in the postmodern family. According to UN statistics, in recent years, the divorce rates in many countries of the world have a rapid upward trend. The divorce rate in the United States and many European countries chronically high, and many Asian countries' divorce rate have been close to the U.S. and European countries. From the divorce rate numbers and look away from the knot, marriage and family stability of China are declining. According to the civil affairs department statistics, from 1979 to 2006, the calculation with the number of divorce and marriage on the ratio rose from 4.7% to 20%. National Civil Affairs statistics show that the country deal with the first quarter of 2011, the couple divorce registration reached 465,000 pairs, representing an increase of 17.1% over 5000 pairs a day the couple divorce registration. (Wong , 2012).

Stacey's (1996) postmodern theory tries to explain the family within the social transition.

the postmodern family condition is not a new model of family life equivalent to that of the modern family; it is not the next stage in an orderly progression of stages in family history; rather the postmodern family condition signals the

moment in history when our belief in a logical progression of stages has broken down...the post modern family condition incorporates both experimental and nostalgic dimensions as it lurches forward and backward into an uncertain future.

Therefore social factors of influencing marriage and family stability need to be discussed.

First, certain changes in social policies contributed to marital instability. In China, since 1949 there have been three divorced climax, the first from 1950 to 1953 during the promulgation of the new marriage law; second time was in 1976 to 1979, the end of the Cultural Revolution; Third after the reform and opening up until today. Chinese marriage changing influenced by age, are particularly affected by the institution of marriage and other policy changes. In 2003, China promulgated a new "Marriage Registration Ordinance" was implemented, due to the "New Marriage Ordinance" provides convenient to the marriage and divorce procedure, young people began hasty marriage, married quickly and divorce suddenly, people called it "double flash" marriage in China. Divorce in the home sector typically wait for the past 3 months, the Ministry of Civil Affairs has "marital mediation" functions of the divorce to go through mediation of civil administrators, and new regulations to cancel this function, adding "impulse type" divorce.

Second, Advancement of women economic independence effects on the marital stability. Among those who active to apply for divorce, women accounted for 2/3 population, the reason for this situation is complex. All along, women's contribution is an important factor to maintain the marriage and the family stability. While, with the continuous improvement of the quality of women's education and economic independence in society, women's dependence on marriage and the family continue to lower and the status of women in the family continues to increase. Researcher argued that female desire and expectation for love marriage is higher, also the pursuit of high-quality marriage. In other words, if the expectation does not reached marriage will in danger.

Third, Diverse family models contributed to the family's instability. In the contemporary society, the traditional family model is broken and appeared variety of other types of families. For instance, the "single families", "single parent family", "cohabitation" and "gay family" and so on. These differ from the traditional model of the family, either because not protected by law (such as cohabitation, homosexuality) and multiple changes in the state, or because

they do not have the stability of the structure (such as single, single) and lost the meaning and role of the family.

As the younger generation more and more people suffering from “Fear of Marriage” disease, vows to “not married” family. This situation represents the economic independence of 80 generations² and their spiritual aspects as well. But on the other hand, also reflects the loss of confidence in marriage, unwilling to assume responsibility of family, and difficulty in establishing intimate relationships with others. In addition, more and more single people choose to live alone; these singles have greater freedom in personal life and have lack of external constraints, in some extent, which provide multiple sexual partners.

Homosexuals form a family in China is still illegal, so the gay community is still in the “underground status”, as the social minorities and sub-populations, they rarely have the opportunity to enter the public eye, but the presence is undeniable. Since being rejected by the ‘normal’ community, gay people are more afraid to reveal their sexual orientation, and sometimes they will choose to get married under the pressure of friends and relatives which bring great harm to the marriage and the partner.

Diverse family patterns on the one hand reflects the tolerant society , expanding the range of human choice , but on the other hand , these family types are also weakened role of the family in social community, and put potential factors under the family to affect social stability.

6.3 Analyze Genhee’s case with postmodernism

Response to the assumption what I mentioned early in this chapter, I will illustrate what is changed in postmodern society:

Family has been defined as an intimate relation based on marriage and genetically bond with who living together. However, apply Genhee’s case on this, for instance, Genhee has the biological parents. But her mother left her when she was little, and father is unable to take care of her because of own illness. It means according to the traditional definition of family, Genhee has no family. Again from her cases that her intimate relationship with family members is barely exist. Instead she was found the intimacy on the one who helps her to deal with emotional depression. Therefore, I interpret this into postmodern society. As I analyzed with Genhee’s case that in postmodern society the need of individual is not been changed, thus the way of how we used to perform our life is different. If we have been discussed

family with certain organization pattern or essential functions, in postmodern society people tend to accept the variability of performing family roles and relations.

Therefore, the following question is who should take the responsibility of the family issues then?

Initially, part of the responsibility would give to social service area. Like in Genhee's case, the counselor Mrs Lv who helped her economical and spiritual problems is needed in this situation. Mrs Lv represents the government and civil level of help to individual who has difficulty. Still institutional social service is not effective or efficient in Chinese context. It means even the general civilian life is changing, social welfare cannot reach and reply on it at the same time. Therefore, in large scale, people who have the broken family need to carry the burden by themselves under postmodern society. More specifically, in welfare countries social services might cover relative family issues, still hard to build an environment with multi-function as family. It means official assist is not enough for individual to recover from their problems.

Regardless of the level of the depressed level, I found that family who has the member suffer with depression they faced dual pressure from the outside world. The first one is from the disorder itself, family economic crisis and the related conflict within the family members might be the influential factors. The other one is the social prejudice not necessary named discrimination, attached to the family members and the depressed individual. Neither of the factors is easy to control and overcoming. And Genhee's case represents the most comprehensive situation under the depression issue. From this case I try to discuss about the how the relationship is changing under the certain instance, and also try to dig the reason of how the changing society affect the family. Postmodern family clears the new tendency of family structures and relations which indicate the future family is face to the unpredictable future and 'variety' would be the key word.

Thus loose intimacy of the family is the possible consideration in the future. In this term the depressed individual faces challenge both in the family environment and the social environment. In the family environment, the usual functions and relations are failed to deliver to the individual especially of the emotional part. In social level, the welfare or the public service is insufficient to reach the public need in China. Therefore the conflicts happened between increasing domestic crisis and the impoverished institutional support.

An adult person who has the emotional disorder is affected by the old generation and their childhood experience with parents. With the symptoms appearing and affecting the family, the relations within the family members' are tend to more clearly and strategically emerged. If it happened in the 'healthy' family environment, family members have more concrete relations called defense mechanism to deal with the crisis and happen to have positive results. While, if the family structure is weakened by the crisis or depression under the separated family environment, the damage for the individual is more significant.

CHAPTER 7: CONCLUSION

In the beginning of this thesis, I raised my question how diagnosed depression can affect the family relations. Therefore, in the following chapters I was try to reflect what my informants experienced and analyze what the meanings behind their words.

First and the most related answer is relations with parents. Thus in the empirical chapter I have discussed about parents relation initially. In most of the cases before informants have depression or diagnosed depression disorder, informants did not realized the closer relationships with mother. However, depression drives them to need more understanding on their vulnerability from parents. And of the intimacy with mother gender of the children showed differently. If it is son, he is mostly interacting with mother. Expressing their feelings and conditions and gradually build the most intimate relations. In this process, son made more understanding on mother, meanwhile have less patient on father role. Even though the father role is not apparent as mother role on children, within family interaction system it is essential. For instance, in two cases child depression actually become the reunion point on their family after divorce. Therefore, depression issue made individual to learn family as an system that important for each other not just because of natural but because of it play functions to protect people in that system.

After the interview, I found that family is start expand from one to two. My informant who has depression disorder is having their own husband/wife. It means they bring the depression into their new 'family', which also raised the interest depression effects on the 'new' environment. From the two informants who newly got married, depression is the understandable issues for their partners. Both of the partners are known about informants' depression before they married and also supportive for the caring process. Depression is not an issue for them to being together. Still they are not feeling comfortable to give more information about their marriage life.

Besides the 'new' family relations, the inherent influence from parents is also need to consider. In one case, the informant is still keep close contact with his parents after married. In his comment, both his mother and wife is share responsibility for him. He got emotional support from two people, in other words, he can ask for more and comprehensive understanding from two family members. Therefore, my informant's depression disorder made him to not separate from his parents but expand new relation upon parents' relations. Normally grownup child is independent especially when they get married. Within the

informants who suffering depression the intimate connection is continuing in different extent though. It does not mean that grownup children feeling intimacy is problematic, only that consider because of the depression it became more evident than normal stage.

At the last empirical part, I believe Genhee's case would be the best way to illustrate depression and families in the new century. If I analyze the depression effects under family environment in previous chapters, in Genhee's case I have to give up the way I present family before. In this case, one who is suffering depression but no support from family members tends to find help outside. It means, emotional disorder made them to realize the absence and need more help from outside world. And to interpret the transitional society I applied postmodern society. Postmodern society is not just a fashioned and mind-opened society. It also brings a lot of challenges for individual life, especially for the stability of family life. Broken family is striking the door of the social service. It is hard to ask for the perfect systematic care in some countries and conditions, but at least make an alarming. Genhee is the lucky one in miserable life, because she found one who helped and elevated her which merely happened on most. However, this case demonstrates the possibility of future that support from social service could improve one's well-beings.

My research is finished, but one question is not stop hovering in my mind: *If I go to conduct the same study, what different would I have done?*

The first I come up with data base. Even though I tried hard to prepare the interview guide before field work, the data is not satisfied when I start to analysis. That might because the topic is private and sensitive that informants tend to save their words more or less. Therefore the regret of did not dig deeper information is keep on my mind. For instance, the less information about father-son and father-daughter relation is the most critical part. If I do the research again, I would practice my interview skills and get more information about the relation with fathers.

The other one is perspective concern. Considering my topic is discuss about the depression affect on family relations. I feel that I should have the whole family members to interpret depression effect both on informants and other family members' perspective. Even though, I had the data from other family members but it only for two cases, it did not include all the

main family members. Therefore if I would do the research again more times will takes to conduct interviewing with other family members.

At the last, I have ideas for the future studies.

In this research emotional depression is the key point to understand how the family relations changed before and after. Yet, at the end of the research, another questions raised that how we could balance the relations of family members, in order to be more supportive for individual depression. For that study more experiences from field work will need to find the solutions. Finding problems and improving it is the process in social work practice. Hope that more practical experience being studies and helpful for more people.

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Appendix1: Interview guide-English version

1. Personal Background

- Name
- Age
- Educational background
- Duration of suffering depression
- Family structure(nuclear family、 single parent family、 extended family)
- Role in the family
- Annual household income: low income or high income family

2. Life experience with “self”

- Personal characteristic
 - a. Hobby
 - b. Who you spend most of your time with?
 - c. Are you a talkative or quite person with others? Is there any differ when you being with stranger or people you familiar?
 - d. Who do you think you could talk everything of yourself?

3. Life experience with family

A. Try to describe your childhood (life experience with family).

- a. Who you spent more time with father or mother in your childhood? Why?
 - If your parents join in work in your childhood, both of them or either of them.
- b. How is the relationship with parents (family members)? Compare the past and present.
 - Who is the most intimate person to you in your family? Why?
 - Who do you think is the most influenced person for your character in your family?

B. Before diagnosed depression

- What you do for live? Is there any difference before and after?
- What was your main goal for life? Was it family oriented?
- How often do family members gathering and having daily chat?
- How is relationship with family members, for instance intimacy between family members?
- Does your family have any issues, general issue or emergency issue?

C. At Present

- Do your parents (family) know about your emotional issues? How do they know it?
- What is the first statement of your parents'-family members'- (each of them) when being told the depression? What is your interpretation about those reactions? (Either positive or negative)
- How long did you struggle for emotional instability before your family knowing about it?
- In your opinion, what is the most important reason of your emotional disorder?
- Do you feel free to talk about depression? Why?

4. Life experience in society

- a. What do you think other people regard emotional disorder?
- b. If social work relate to the daily life. Community work or family social work so on.

Appendix2: Informed consent

Master's thesis research about depression in the family environment Informed Consent:

Hello,

I am a master student who studies Social Work in University of Nordland. I am curious about the environmental impact of family on depression and plan to write my master thesis on this topic. So I would love to invite you to participate in my research.

Your participation includes me about your interview. To protect your identity, but your real name will not appear in my thesis. I will use a pseudonym instead.

This study is purely academic, you provide the information in an interview just limited to use in my thesis research. In addition to my mentor and some other departments responsible for my thesis personnel, any other person not directly exposed to the information you have provided to me.

My thesis will be published in mid-year and stored in University of Nordland and Social Sciences Library. As the participants in this study, you have the right to ask me further about my research and withdraw from the interview during the process.

Sincerely hope you will join my research, thank you very much for your cooperation and participation.

Aisu Xuan.....

Signature:.....

Print Name:.....

Date:.....

知情同意

硕士毕业论文关于抑郁症家庭环境问题研究的知情同意书

您好，

我是挪威诺尔兰大学社会工作系的社会工作硕士研究生。我现在做一个关于家庭环境对抑郁症的影响研究与家庭社会工作介入作为我的硕士课程毕业论文。因此我真诚的邀请您参与我对这个课题的研究。您的参与主要包括我对您的一次采访。为了保护您的身份，您的真实姓名将不会出现在我的论文中，取而代之我将使用化名。这个研究纯粹是学术性的，您在采访中所提供的信息只限于使用在我的毕业论文研究中。除了我的导师和其他一些院系的负责我的毕业论文人员，其他任何人员都不会直接接触到您提供给我的信息。我的毕业论文将会在年中发表，并保存在诺尔兰大学图书馆和社会科学系。作为我研究的参与者，您有权利向我进一步询问关于我的这个毕业研究课题研究的情况和在采访中随时退出这个研究。

衷心希望您能加入我的课题研究，非常感谢您的合作和参与。

致辞，

敬礼。

(签名) _____

如果您同意参与我的这个课题研究的采访，请在下面签名：

姓名（签名）： _____

在论文中的化名： _____

日期： _____