

Modernization, changes, and crisis in family structure and roles: Implications for social work intervention.

Lazarus Bassey Abonor¹, Nnana Okoi Ofem², Tiku, Oru Takim³

¹abonor.laz@gmail.com, Orcid ID=0000-0002-7776-7678

²nnanaofem@yahoo.com

³takimtiku@unical.edu.ng, Orcid ID. 0000-0002-93598288

Department of Social Work, University of Calabar.

Abstract

The family is a social unit that provides economic support, socialization, and emotional and psychological care for its members. However, modernization and the effects of the Industrial Revolution have made families increasingly vulnerable and crisis-prone. In the past, families were largely self-sufficient, producing most of what they consumed. The extended family structure, where each member had specific roles, was predominant, and marriage was considered permanent, with the father as the head. However, modernization has shifted family dynamics, reducing its economic-productive role and promoting individualism, where personal desires take precedence over family needs. Mate selection is now based on personal preference rather than family interests, and divorce rates have risen. Women increasingly serve as breadwinners, contributing to unstable family structures, rising numbers of street children, mental health issues, and elder neglect. This paper examines the role of social workers in mitigating these challenges and promoting family stability amid changing societal norms and values.

Keywords: modernity, Structure, Family, Intervention, Crisis, Social Work.

Introduction

The family is a fundamental social institution that exists in every society, serving as the primary unit for socialization, emotional support, and economic cooperation. It is typically composed of individuals related by blood, marriage, or legal bonds, but its structure and function vary across cultures and historical periods. According to Lamama and Riedman (2012), the family is where an individual takes their first steps, experiences joy and sorrow, and eventually leaves to face the world. Over time, the nature of the family has evolved significantly due to socio-economic and cultural changes.

In traditional Nigerian society, the family was viewed not merely as a nuclear unit consisting of a man, woman, and children but as an extended kinship system that encompassed multiple generations and relatives. This kin-based structure provided a strong support system where responsibilities were shared, and economic resources were pooled for the common good (Eneh et al., 2017). The extended family ensured social security, education, and the transmission of cultural values and norms across generations.

Historically, family structures were deeply embedded in communal life, with no clear separation between family and community. As Giddens (2006) notes, families were established to meet various needs, including emotional, psychological, and safety needs. They served as the primary agents of socialization, preparing individuals for life within society. According to Okoye (2017), the family acts as a vital link between generations, passing down traditions, values, and social expectations. The core functions of the family, as identified by Anastasiu (2012), include emotional support and protection, socialization and education, economic cooperation, social status assignment, reproduction, and regulation of sexual behavior.

One of the most significant factors that influenced family patterns in the past was economic consideration. Zastrow (2014) argues that large families were essential for agricultural societies, as they provided the necessary labor force for farming, livestock rearing, and household tasks. In traditional settings, children were seen as assets who contributed to the workforce, ensuring the economic survival of the family. Additionally, extended family

members played crucial roles in security and defense, especially in regions prone to communal conflicts and land disputes.

However, the modern era has brought profound changes to the traditional family structure. Industrialization, urbanization, and globalization have significantly altered the roles and expectations within families (Okoye, 2017). Western cultural influences, rural-to-urban migration, changing economic realities, and increased female participation in the workforce have contributed to a shift away from extended family systems. Unlike in the past, where children were raised collectively by extended family members, many modern families, particularly in urban areas, operate as nuclear units with limited external support.

With modernization, family functions have also transformed. Luxton (2011) notes that economic and social changes have led to shifting parenting roles, with some parents struggling to balance work and family responsibilities. The traditional notion of a stay-at-home mother and a breadwinning father has become less common. Many parents today are unaware of or unable to fulfill their expected parental roles due to work demands, financial struggles, or a lack of proper guidance (Okoye, 2016).

These changes have led to concerns about family instability and its implications for society. Haralambos and Holborn (2008) observe that rising divorce rates, increased cohabitation before marriage, the prevalence of single-parent families, and the growing number of single-person households indicate a departure from conventional family structures. These trends raise concerns about their long-term impact on children's development, societal cohesion, and overall well-being. Some scholars argue that these transformations have contributed to a decline in family values, resulting in social issues such as juvenile delinquency, mental health challenges, and elder neglect. Others contend that these changes reflect the evolving nature of society and should be embraced as part of progress.

For instance, the rise in single-parent households has been linked to economic pressures, changing gender roles, and shifts in cultural attitudes toward marriage and family life. While some see this as a positive development that empowers individuals, others view it as a factor contributing to social disintegration. Similarly, the increasing prevalence of women as primary breadwinners has challenged traditional gender roles, altering family dynamics and sometimes leading to conflicts within households. The traditional patriarchal system, where men were the sole providers, is gradually fading, leading to power struggles and adjustments within families.

Another critical issue arising from modern family transformations is the welfare of children and the elderly. In the past, the extended family provided a safety net for the vulnerable, ensuring that children were nurtured and the elderly were cared for. However, as family structures become more fragmented, many children lack proper parental guidance, leading to increased cases of street children and juvenile delinquency. Similarly, elderly individuals who were once valued members of extended families now face neglect, as younger family members prioritize their economic pursuits over caregiving responsibilities.

It is against this backdrop that this paper explores the role of social work interventions in addressing the challenges posed by modern family changes. Social workers play a crucial role in family welfare by providing counseling, mediation, and support services to families facing crises. Through various intervention techniques, they help families navigate challenges such as divorce, child neglect, domestic violence, and economic hardships.

It is against this backdrop that this paper took a look at social work intervention as a panacea to resolve crisis affecting family structures and functions, through the application of

appropriate intervention techniques. A review of the family structure and functions in the past is x-rayed, and the structure of what constitute the family in modern time and crises emanating from there was looked into; and intervention techniques by social workers were also stated. Therefore, this paper reviews the historical structure and functions of families, examines the contemporary transformations affecting family stability, and highlights the interventions employed by social workers to address these issues. The goal is to understand the impact of modernization on family life and propose solutions for strengthening family structures in a rapidly changing society. Families can be better prepared to manage the demands of contemporary life while maintaining their fundamental roles and values by putting into practice efficient social work strategies.

Methodology

This study adopts a systematic literature review (SLR) approach to examine the role of social workers in managing crises in modern families. A systematic review was chosen to provide a structured synthesis of existing research, allowing for a comprehensive analysis of family-related crises, their underlying causes, and the effectiveness of social work interventions. The review focuses on past and present family structures, the nature of challenges encountered in modern families, and the role of family social workers in intervention processes to restore stability. The study employs a descriptive analytical method. This approach enables an in-depth exploration of existing literature, policy documents, and theoretical perspectives on the evolving role of social workers in family crisis management. The analysis is conducted through a critical examination of secondary sources, ensuring a broad understanding of the subject matter.

A systematic approach was used to collect relevant literature. The following criteria guided the selection of sources: Peer-reviewed journal articles, books, policy papers, and reports related to family crises and social work interventions. Studies published within the last 20 years to ensure relevance and capture both historical and contemporary perspectives. Literature that specifically addresses social work roles, family structures, crisis management, and intervention techniques. The literature was retrieved from credible academic databases. A combination of keywords and Boolean operators was used to refine searches. The key search terms included: "Family crises and social work intervention" "Social work strategies in family conflict resolution" "Modern family structure and social work practice" "Role of social workers in family well-being" "Impact of social work on family crisis management".

LITERATURE REVIEW

The family in the past

In traditional societies, family structures were largely monolithic in belief and practice, with cultural norms that were widely accepted and upheld. According to Cuber, John, and Thompson (1975), family structures were patriarchal and hierarchical, where adults were expected to marry, and marriage was considered a lifelong commitment. Individuals were required to prioritize the welfare of the family unit over personal satisfaction. Marriage was not only a social expectation but also a societal obligation, as it ensured stability and continuity within the community. Sexual relations were strictly confined to marriage, and spouse selection was not personalized, meaning that unions were often arranged based on cultural or economic considerations rather than personal choice. Couples were expected to have children, and fertility was highly valued. Children were considered an essential part of the family, not just for emotional reasons but also for labor and economic contributions.

According to Mere (1982), traditional family structures were stationary, with many generations residing in the same geographical area. This reinforced community life and social stability by ensuring that knowledge, traditions, and responsibilities were passed down across generations. The extended family model provided a strong support system, with older family members cared for by younger generations, creating a system of intergenerational mutual support. Family life was governed by strict social norms and customs that emphasized obedience, hierarchy, and collective responsibility. Fathers were considered the head of the household, responsible for decision-making and providing financial security, while women and children were expected to be subordinate and obedient. Children were required to respect and obey their parents, and discipline was enforced to ensure compliance with societal values.

According to Ojua (2010), family roles were rigidly defined, with men typically engaging in external labor, trade, or politics, while women focused on domestic responsibilities and child-rearing. The strong emphasis on fertility and early marriage meant that young individuals, particularly women, were expected to marry and bear children at an early age. Allendorf (2016) notes that families were structured hierarchically, with the oldest male (patriarch) or female (matriarch) holding the highest authority and making crucial decisions for the household. Economic survival was often intertwined with family life, as multiple generations lived together or in close proximity, working collectively in agriculture, family businesses, or trade. Allendorf & Pandian (2016) highlight that this structure ensured that family members supported one another both economically and socially, fostering a sense of responsibility and interdependence. Furthermore, religious and cultural practices played a central role in family governance. Rituals, customs, and moral values were strictly followed and passed down through generations, reinforcing a sense of identity and unity within families. These customs shaped moral expectations, dictating behaviors related to marriage, child-rearing, and intergenerational care.

The traditional family structure was characterized by hierarchy, stability, and collective responsibility. Marriage and fertility were not just personal choices but societal obligations, ensuring continuity and economic survival. Social norms reinforced obedience, respect for elders, and strong intergenerational bonds, while economic interdependence played a crucial role in shaping family dynamics. These deeply rooted customs and beliefs laid the foundation for modern family structures, influencing present-day societal expectations about family roles and relationships.

Contemporary family structure

Historically, family structures were predominantly extended, where multiple generations lived together, and members depended on one another for support and other necessities of life (Enah et al., 2017). The joint family system developed in the past as individuals needed to collectively fulfill family responsibilities and meet economic and social needs. In such arrangements, roles were well-defined, and communal living provided security, care, and shared responsibilities. The extended family system was not merely a preference but a necessity, ensuring social cohesion and economic stability in societies where kinship ties were deeply valued.

However, in contemporary society, family structures have undergone significant transformations due to various social, economic, and cultural factors. The concept of the nuclear family—comprising only parents and their children—has become more prevalent, gradually replacing extended family arrangements. This shift has been driven by industrialization, urbanization, modernization, and globalization. Giddens (2006) attributes these changes to multiple factors, including the spread of Western culture and its emphasis on romantic love, which was previously unfamiliar to many societies. Additionally, the

development of centralized governments has reshaped the role of families by integrating people into national political and economic systems, reducing the influence of kinship ties.

Migration has also played a crucial role in altering family structures. Large-scale rural-to-urban migration has led to situations where men move to towns and cities for work, leaving family members behind in rural areas. In cases where nuclear family groups relocate to urban areas, extended family and kinship networks are often weakened. The geographical separation of families has resulted in reduced reliance on extended family members for childcare, emotional support, and economic assistance.

According to Okoye (2017), industrialization and modernization have further eroded the significance of the extended family system. With increased division of labor, many family responsibilities that were once fulfilled within the home are now outsourced to external institutions or individuals. Childcare services, elderly care homes, and professional counseling have taken over roles traditionally performed by extended family members. This shift has altered family functions, leading to challenges in parental guidance and child upbringing. Haralambos and Holborn (2008) argue that dual-income households, where both parents work outside the home, experience significant time constraints, making effective parenting more difficult. As a result, children have fewer opportunities to seek support from relatives and are more vulnerable to neglect or abuse.

Several key trends characterize contemporary family structures. Divorce rates have risen, leading to an increase in single-parent households. Blended families—formed through remarriage—are becoming more common. Dual-income families are now a norm, reflecting economic pressures that necessitate both parents working. Extended families are diminishing, while individualism is on the rise. Additionally, same-sex families and cohabitation without marriage are gaining acceptance across various cultures (Allendorf, 2016). These changes in family structure and function have introduced new challenges, affecting family stability, emotional well-being, and societal cohesion.

While modernization has brought about economic and social advancements, it has also redefined family roles, responsibilities, and relationships. The decline of the extended family system has led to both opportunities and challenges, influencing parenting styles, intergenerational support, and overall family well-being. Addressing the effects of modern family relations in society requires an understanding of these changes.

Crises and challenges of modern families

Modernization has brought significant changes to family structures and functions, often leading to various crises. As societal norms and values around marriage and divorce evolve, there has been a notable increase in divorce rates. Okoye (2016) asserts that divorce can cause significant emotional distress for all members of a family, particularly children, who may experience confusion, guilt, and insecurity. Additionally, divorce can lead to financial instability due to legal costs and the need to maintain separate households. Changes associated with modern families can sometimes lead to substance abuse problems, which negatively impact family dynamics and stability. Studies have shown that pressures from modern life—including social media influence, academic expectations on children, and economic uncertainties—sometimes contribute to mental health issues among both parents and children (Akashi-Ronquest, 2009). Increased stress and lack of strong family support networks can push individuals towards unhealthy coping mechanisms such as alcohol and drug use.

Single-parenting presents enormous challenges for families. Okoye (2016) points out that single parents often face financial difficulties due to a single income, which can lead to poverty and limited access to essential resources. They also experience high levels of stress

and fatigue from balancing work and parenting responsibilities alone. Moreover, children raised in single-parent households may experience emotional and behavioral challenges due to the absence of one parent, which can affect their psychological well-being and academic performance. Urbanization and increased mobility have also reduced traditional family support systems, leading to feelings of isolation among family members. Caring for aging parents has become both an emotional and financial burden due to geographical distances, which have also led to a lack of intergenerational guidance for young parents who would traditionally rely on older family members for wisdom and advice (Ojua, 2010).

Blended families, where stepparents and stepsiblings coexist, also present significant challenges. Ezeh, Ezeah, and Aniche (2017) argue that difficulties in adjusting to new roles and relationships can lead to family conflict. Tensions between stepsiblings and between children and stepparents may create an unstable home environment, further complicating family relationships (Anastasiu, 2012). Similarly, non-traditional family structures—such as same-sex parents or cohabiting parents—often face social stigma and discrimination. These challenges may impact the mental health and emotional well-being of both parents and children, as well as create identity issues and difficulties with peer acceptance in society.

Addressing these crises requires comprehensive support systems, including mental health services, financial assistance programs, and policies that promote family well-being. Social workers can play a crucial role in providing counseling, advocacy, and intervention strategies to help families navigate these challenges and foster stability.

Social work intervention and crisis management in modern families

Modern families face various crises that threaten their stability and functioning as social units. These crises stem from economic pressures, psychological challenges, and social disruptions brought about by modernization. Social work intervention plays a crucial role in helping families navigate these difficulties and restore balance in their lives (Ojua, 2010). Economic hardships, including rising healthcare costs, education expenses, and housing crises, have placed significant financial stress on many families. Additionally, rapid cultural and technological changes have widened generational gaps, leading to conflicts between parents and children over values, lifestyle choices, and behavioral expectations (Ojua, 2010).

Work-life balance is another critical issue affecting modern families. Cree (2011) argues that the stress of balancing professional responsibilities with family obligations is a major concern in most households. When both parents engage in full-time jobs, they often struggle to allocate quality time for their children and partners, resulting in strained relationships and emotional distance. Braye and Preston-Shoot (1995) further explain that these pressures can lead to burnout, increased tension, and weakened family bonds. Additionally, evolving gender roles in families, as traditional expectations clash with modern views on equality and shared responsibilities, sometimes create conflicts between spouses.

The social work profession is deeply concerned with the well-being of families, as they form the foundation of society. The stability of the family unit directly impacts societal well-being, and vice versa (Ezeh, Ezeah, & Aniche, 2017). From the early days of the "friendly visitors" of the Charity Organization Societies (COS) to the settlement house movement, social workers have prioritized the enhancement of family and childhood development (Ojua, 2010). Mere (1982) emphasizes that family social workers play a vital role in improving family living conditions by moderating crises and providing necessary interventions. Regardless of the strategy adopted, the central function of social workers is to promote harmonious family relationships, strengthen positive values, facilitate personal development, and ensure the overall well-being of families (Mere, 1982).

One key approach in social work intervention is family-centered practice, which considers individuals in relation to their intimate and larger environments. This approach involves engaging with various systems that influence the family, such as schools, child welfare agencies, healthcare institutions, and correctional facilities (Briar-Lawson, 2016). By working collaboratively with these systems, social workers can provide comprehensive support to families facing complex challenges.

Social work interventions aim to help families regain stability and improve their overall well-being through a range of services. These include conducting comprehensive assessments, offering emotional support, providing access to resources, facilitating conflict resolution, advocating for family rights, delivering practical assistance, and offering educational programs. In addition, social workers ensure ongoing support through follow-up services that help families maintain long-term stability and resilience. Social workers play a vital role in promoting healthy family dynamics and fortifying the social fabric of communities by professionally intervening in family problems. Their role is essential in ensuring that families not only survive but also thrive amid the challenges of modern life.

Theoretical framework

Family system theory

The Family System Theory was developed by Murray Bowen, who viewed the family as an interconnected and interdependent system in which each member influences and is influenced by others. Rather than functioning as isolated individuals, family members operate as a collective unit, where changes in one part of the system inevitably impact the whole (Bowen, 1978). This perspective is crucial in understanding family crises, as disruptions within the family system often lead to instability, altered roles, and strained relationships. According to Briar-Lawson (2016), the theory emphasizes interconnectedness and emotional attachment, suggesting that any stress or crisis affecting one member can create ripple effects throughout the entire family system. For example, when a parent loses a job, the financial strain may lead to heightened parental stress, which in turn affects marital stability and parent-child interactions. Similarly, a child experiencing behavioral difficulties or emotional distress may disrupt the overall family dynamic, leading to increased parental anxiety and potential conflicts between siblings.

The Family System Theory identifies subsystems within the family, such as the parent-child relationship and sibling-sibling interactions, each of which plays a crucial role in maintaining family stability. When crises occur, they often disrupt these subsystems, requiring adjustments in roles and communication patterns. Lamanna and Riedman (2012) argue that family crises are moments of disequilibrium that challenge the established patterns of interaction. External stressors—such as job loss, severe illness, or displacement—can trigger such crises, just as internal dynamics—such as marital conflict, substance abuse, or behavioral problems in children—can destabilize family functioning. These disruptions may result in emotional detachment, communication breakdowns, or shifts in parental authority, leading to long-term strain on family relationships.

A key aspect of the theory is the family's tendency to maintain balance and resist changes that threaten its stability. Families develop coping mechanisms to adapt to stress, but when the pressure exceeds their adaptive capacity, dysfunction may arise. For instance, a family experiencing financial difficulties might initially adjust by cutting expenses, but prolonged economic hardship could lead to deeper conflicts, emotional withdrawal, or even family disintegration. The theory highlights the importance of resilience and adaptability in overcoming crises and restoring family stability.

From a social work perspective, the Family System Theory provides a framework for assessing families holistically, considering not just individual problems but the broader system of relationships that shape family functioning. Social workers play a crucial role in facilitating communication, strengthening relationships, and providing intervention strategies to restore balance. For example, in cases of domestic conflict, social workers may implement family therapy to address underlying tensions and improve problem-solving skills among members. In child welfare cases, interventions may focus on parenting support programs to enhance parental roles and promote healthy development in children. Additionally, social workers coordinate resources and external support systems, such as linking families with financial assistance programs, mental health counseling, or community support groups. They assist families navigate crises by taking a systems-based approach, which addresses fundamental problems and reinforces healthy family dynamics rather than merely treating symptoms. Applying the Family System Theory, social workers can create focused interventions that promote resilience, bring peace back, and enable families to better handle future difficulties. The theory offers a thorough lens through which to view family crises and their effects on relationships, communication styles, and role distribution within the family unit.

Conclusion

The family is the cornerstone of every society, serving as the foundation upon which social structures are built. Changes and challenges within the family reflect those in the larger society, meaning that disruptions in family dynamics often mirror broader societal transformations. Traditionally, families were structured around stable roles and expectations, with a level of contentment tied to their productive capacity and environmental conditions. However, the advent of modernity, globalization, and westernization has introduced unprecedented challenges, leading to significant shifts in both family and societal equilibrium. One of the most pressing challenges families face today is work-life balance, particularly due to the changing roles of women in both professional and domestic spheres. As more women pursue careers, traditional gender roles within households have been redefined, sometimes leading to tension, role conflict, and an increased burden of responsibilities. Additionally, issues such as birth control and fertility struggles, personality differences, conflicting values, drug and substance abuse, financial instability, stress, depression, behavioral issues, and school disengagement are becoming more prevalent, creating crises that demand both individual and systemic intervention.

In navigating these challenges, social workers play an essential role in supporting families through periods of crisis and transition. The family social worker is equipped to provide comprehensive assessments, emotional and psychological support, advocacy, education, resource provision, and continuous follow-ups to help families restore balance and well-being. By facilitating open communication, conflict resolution, and access to community resources, social workers empower families to develop resilience and adaptability in the face of modern challenges. Ultimately, the evolving landscape of family life necessitates proactive social work interventions that address both immediate crises and long-term well-being. By strengthening the family unit, social workers contribute not only to individual family stability but also to the greater societal good, ensuring that communities remain cohesive and functional. Moving forward, there must be a continued investment in family-centered social work initiatives, policy frameworks, and support systems to help families thrive amidst change.

Recommendations

To effectively manage crises within modern families and enhance social work intervention, the following recommendations should be considered:

Social work interventions in emerging societies like Nigeria should adopt a holistic, family-centered approach that considers the interconnectedness of family members. Strategies such as family therapy, mediation, conflict resolution training, and parenting education should be widely implemented to foster resilience and cohesion within families.

There should be a family-friendly policies that address key challenges such as work-life balance, financial instability, mental health support, and gender role adjustments. Policies promoting paid parental leave, affordable childcare, and mental health services can significantly reduce family stressors.

Families facing crises often struggle with stress, anxiety, depression, and substance abuse. There should be increased access to professional counseling and mental health support, with social workers playing a vital role in ensuring families receive the necessary psychosocial support.

Many family crises stem from economic hardships, including job loss, high healthcare costs, and housing instability. Governments, NGOs, and community organizations should provide economic support programs, including job training, financial literacy programs, and microfinance initiatives to help families achieve financial stability.

Public awareness campaigns should be conducted to educate families on effective communication, conflict resolution, parenting strategies, and healthy family dynamics. Schools, religious institutions, and community groups should integrate family education programs to reinforce these values.

Practicing social workers and social work organisations should collaborate with schools, healthcare providers, religious organizations, and legal institutions to provide comprehensive, multi-sectoral support for families in crisis. A strong referral system should be established to ensure that families receive timely and appropriate interventions.

Social workers should endeavour to undergo continuous training and capacity building to stay updated on emerging family challenges and best intervention practices. This includes specialized training in trauma-informed care, conflict mediation, and digital counseling.

References

- Anastasiu, I. (2012). The social functions of the family. *Euromentor Journal*, 3(2), 1–7.
- Akashi-Ronquest, N. (2009). The impact of biological preferences on parental investments in children and stepchildren. *Review of Economics of the Household*, 7(1), 59–81. <https://doi.org/10.1007/s11150-008-9047-9>
- Allendorf, K. (2016). Schemas of marital changes: From arranged marriages to eloping for love. *Journal of Marriage and Family*, 75(2), 453–469. <https://doi.org/10.1111/jomf.12209>
- Allendorf, K., & Pandian, R. K. (2016). The decline of arranged marriage? Marital change and continuity in India. *Population and Development Review*, 42(3), 435–464. <https://doi.org/10.1111/padr.12094>
- Briar-Lawson, K. (2016). Book review: *Social work with families: Content and process* (2nd ed.). *Journal of Teaching in Social Work*, 2(3), 326–329. <https://doi.org/10.1080/08841233.2016.1159374>
- Cree, G., Robertson, M., & Short, M. (1979). Behavioural casework in mental health. *Social Work Today*, 10(42), 17–21.

- Eneh, J., Okoye, U., Ghukwu, N., & Agwu, P. (Eds.). (2017). *Social work with family*. In *Social work in Nigeria: Book of readings* (pp. 112–132). Enugu: UNN Press.
- Ezeh, C. A., Ezeah, P. C., & Aniche, A. (2017). *Fundamentals of social work*. Nsukka: Adazim Printing Press.
- Giddens, A. (2006). *Sociology* (5th ed.). UK: Polity Press.
- Haralambos, M., & Holborn, M. (2008). *Sociology: Themes and perspectives* (7th ed.). London: HarperCollins.
- Lamanna, M. A., & Riedman, A. (2012). *Marriages, families, and relationships: Making choices in a diverse society* (7th ed.). Wadsworth: Cengage Learning.
- Luxton, M. (2011). *Changing families, new understandings*. Ontario: The Vanier Institute of the Family.
- Mere, A. A. (1982). Social work practice and method. *Nigerian Journal of Social Work*, 1(283), 45–52.
- Ojua, T. A. (2010). *The practicing social worker: Themes and perspectives*. Calabar: Ease-Way Press.
- Okoye, V. O. (2017, September 29–October 2). *Fostering family resilience in Nigeria's recessed economy: Challenges, options, and academic perspectives*. Keynote address presented at the 18th Annual International Home Economics Research Association of Nigeria (HERAN) Conference, University of Nigeria, Nsukka.
- Okoye, U. O. (2016). Promoting responsible parenting in Nigeria: Family challenges, strategies, and need for research. *Journal of Home Economics Research*, 23(1), 22–33.
- Zastrow, C. L. (2014). *Introduction to social work and social welfare: Empowering people* (11th ed.). Cengage Learning.