

# Family Dynamics in the United Kingdom and Pakistan: A Comparative Analysis of Structure, Roles, and Socio-Cultural Change



**Adeela Rehman**

Post-doc Fellow, University of Sheffield, UK

a.rehman@sheffield.ac.uk

University of Sheffield, Sheffield, S10 2TN, UK



“ Families are not just about blood; they are about belonging, culture, and change across time. ”

## INTRODUCTION & AIM

Family is a key social institution that shapes identity, socialization, emotional wellbeing, and economic stability. In different societies, family systems are affected by cultural traditions, religious norms, socio-economic structures, and policy frameworks.

### AIM OF THE STUDY

To comparatively analyze the structure, roles, and socio-cultural change in family dynamics in the United Kingdom and Pakistan.



## METHODS

This study uses a qualitative comparative research design based on a systematic review of secondary data. By analyzing academic literature, national policy documents, and demographic reports, the analysis highlights cross-national trends in family development.

### THEORETICAL FRAMEWORK

#### Structural-Functionalism



Examines family as a system that maintains social stability.

#### Feminist Theory



Analyzes gender power relations and role inequalities.

#### Modernization Theory



Explores how economic and social change transform families.



This approach provides a thorough evaluation of how cultural and legislative factors shape evolving household structures, balancing broad statistical trends with detailed sociological insights.

## RESULTS & DISCUSSION

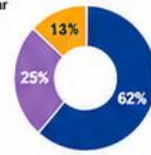
The findings show clear differences between family systems in the United Kingdom and Pakistan, with some areas gradually becoming more similar.



### 1. FAMILY STRUCTURE

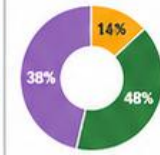
#### UNITED KINGDOM

Predominantly nuclear and diverse family types influenced by individualism and government welfare systems.



#### PAKISTAN

Extended family living is still prevalent, though nuclear families are increasing in urban areas.



Legend: Nuclear Family (Blue), Extended Family (Purple), Other / Single Parent (Yellow)



### 2. GENDER ROLES & EQUALITY

#### UNITED KINGDOM

Gender equality policies and workforce participation have encouraged shared caregiving and more egalitarian roles.

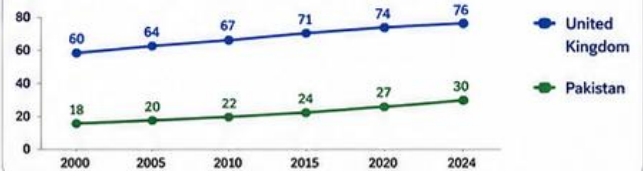


#### PAKISTAN

Gender roles remain more traditional and patriarchal, though women's education and economic involvement is steadily growing.



### 3. WOMEN'S WORKFORCE PARTICIPATION (%)



## 4. INTERGENERATIONAL RELATIONSHIPS

#### UNITED KINGDOM

More independent living among older adults; reliance on state support systems.



#### PAKISTAN

Strong intergenerational bonds; elders play a central role in decision-making and childcare.



## 5. FACTORS DRIVING CHANGE



These factors are transforming traditional family values, roles, and expectations in both societies.

### KEY COMPARATIVE SNAPSHOT

DIMENSION	UNITED KINGDOM	PAKISTAN
Dominant Family Type	Nuclear & Diverse	Extended (with growing nuclear trend)
Family Values	Individualism, autonomy	Collectivism, loyalty, family honor
Gender Roles	Egalitarian (progressing)	Traditional (gradually changing)
State Support	Strong welfare state support	Limited state support; family as safety net
Social Change Pace	High	Moderate
Urban Influence	High	Increasing



## CONCLUSION

Family systems in the UK and Pakistan reflect different historical paths, yet both are changing due to globalization, migration, and economic shifts.



Traditional family models are evolving in both societies.



Common values of care, respect, and solidarity remain central.



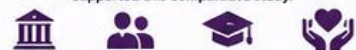
Policy frameworks and gender equality will shape the future of families.



Cross-cultural understanding can build stronger, more inclusive societies.

## ACKNOWLEDGEMENTS

The author(s) would like to acknowledge the academic institutions and colleagues who supported this comparative study.



## KEYWORDS

