

Forming Pleasant Environmental Conditions within Homes: Effectual in Promoting Well-being and Goodwill

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ABSTRACT:

In all households, whether the individuals are residing in nuclear or joint families, they need to put emphasis on forming pleasant environmental conditions. All members, irrespective of genders and age groups need to acknowledge the significance of this aspect. In the personal and professional lives of the individuals, they have goals and objectives to achieve. Furthermore, they aspire to provide solutions to various types of problems and emerge into moral, ethical, and productive citizens of the country. Hence, obtaining support and assistance from family members is regarded as indispensable. The family members render an important contribution in guiding and leading others in the right direction. The individuals need to ensure, there are not occurrence of any kinds of conflicting situations and disagreements among them. In other words, they need to put in efforts to their best abilities towards forming pleasant environmental conditions. As a consequence, the individuals will be able to concentrate well on job duties, achieve desired goals, promote good health, physically and psychologically and lead to up-gradation of their overall standards of living. Hence, measures need to be reinforced to form pleasant environmental conditions within homes throughout one's lives. Therefore, it can be stated, forming pleasant environmental conditions within homes is effectual in promoting well-being and goodwill. The main concepts that are taken into account in this research paper are, understanding the significance of forming pleasant environmental conditions within homes, factors to be acknowledged in forming pleasant environmental conditions within homes and advantages of forming pleasant environmental conditions within homes.

Keywords: *Cordiality, Homes, Individuals, Pleasant Environmental Conditions, Relationships, Skills, Well-being*

INTRODUCTION:

The individuals, belonging to all communities, categories, occupations and socio-economic backgrounds need to acknowledge the significance of forming pleasant environmental conditions within homes. The individuals need to be well-informed in terms of ways that need to be implemented in forming pleasant environmental conditions within homes. From the stage of early childhood throughout the lives of the individuals, they are required to augment their knowledge and understanding in terms of these ways. The family is regarded as the first and foremost institution from where learning, growth and development of the individuals takes place. The parents are regarded as the first teachers of their children, who make provision of information among them in terms of methodologies and procedures that would prove to be beneficial to them (Singh, 2019). The individuals need to acquire an efficient understanding of the techniques and implement them in their lives. When communication among family members takes place in an appropriate manner, they will contribute significantly in reinforcing cordiality and forming pleasant environmental conditions within

homes. The individuals need to focus on honing listening skills. The family members of all age groups need to listen to others. In some cases, one may be overwhelmed by any dilemmas or stressful situations, whereas, in other cases, one may have to seek ideas and suggestions from others or may have various types of concerns and issues. The development of listening skills contributes in reinforcing the traits of kind-heartedness and generosity. As a consequence, family members will contribute significantly in developing mutual understanding (Scott, 2021). The family members, particularly the ones who are working are required to create a balance between personal and professional lives. Apart from their busy schedules, they need to take out time for family members. The family members are usually overwhelmed by the feelings of frustration and anger, when they feel that they are unable to interact with individuals, because they are occupied in their professional lives. Therefore, it is necessary to augment listening skills and create a balance between personal and professional lives.

Understanding the Significance of Forming Pleasant Environmental Conditions within Homes:

The health is wealth. From the stage of early childhood, throughout the lives of the individuals, they need to put emphasis on promoting good health, physically as well as psychologically. The health problems and illnesses are experienced by individuals, belonging to all age groups. When these are experienced in a major form, the competencies and abilities of the individuals get impeded. In other words, they get incapacitated to carry out various tasks and activities. The family members are approached, in cases of different types of health problems and illnesses. They need to put emphasis on taking care of their health care needs. When the individuals are overwhelmed by severe health problems and illnesses and have to make visits to medical and health care centres, in such cases, family members render an important contribution in providing support. They communicate with medical practitioners and health care specialists in case of various remedies and treatment measures. Therefore, an efficient understanding is acquired in terms of the significance of forming pleasant environmental conditions within homes, when family members provide help in treating health problems and illnesses. In the personal and professional lives of the individuals, they experience situations, when they are overwhelmed by psychological problems of anger, stress, anxiety, frustration and depression. These problems are an integral part of the lives of the individuals. But these need to be solved and prevented from assuming a major form. The family members are first and foremost individuals, who are approached in cases of various types of psychological problems. The individuals share their problems and concerns with family members. They understand and provide useful solutions. When environmental conditions within homes are stressful and family members do not communicate with each other in an effective manner, it is disappointing. Furthermore, the individuals are overwhelmed by various types of psychological problems. On the other hand, when environmental conditions within homes are pleasant, the family members reinforce the traits of helpfulness and co-operation. Therefore, one is able to acquire an understanding of the significance of forming pleasant environmental conditions within homes, when family members provide help in coping with various types of psychological problems in an adequate manner. An aimless life is a meaningless life, hence, all individuals, irrespective of their communities, categories and socio-economic backgrounds have aims and objectives to achieve. These are, acquisition of good-quality education; getting engaged in employment opportunities; generating a source of income; enhancing career prospects; augmenting knowledge, competencies and abilities; promoting good health from physical and psychological perspectives; forming an effective social circle;

enhancing one's personality traits; putting into operation tasks and functions successfully; promoting a normal mind-set and leading to enhancement of one's overall standards of living. The family members need to put emphasis on reinforcement of the traits of helpfulness and co-operation. When individuals form cordial and amiable terms and relationships with family members and there will be pleasant environment within homes, individuals will contribute significantly in achievement of desired goals and objectives. The family members make provision of information in terms of different types of methodologies and approaches that are necessary to achieve all goals and objectives in a well-ordered manner. Therefore, one understands the significance of forming pleasant environmental conditions within homes, when family members provide help in achievement of desired goals and objectives.

Factors to be acknowledged in Forming Pleasant Environmental Conditions within Homes:

The individuals are different from each other on the basis of number of factors, i.e. caste, creed, race, religion, gender, ethnicity, age groups, educational qualifications, occupations, personality traits, communities, categories and socio-economic backgrounds. They are residing in nuclear or joint families. Nuclear families are families comprising of husband, wife and their unmarried children. Joint families are families, when two or more nuclear families are residing under the common roof. These families include, grandparents, parents, aunts, uncles, cousins, in-laws, siblings, nephews and nieces. They share the same kitchen. In both nuclear and joint families, members have to work in collaboration with each other to create pleasant environment within homes. Furthermore, the lifestyles and daily routine activities of the individuals are different. But it is indispensable for individuals to augment their knowledge and understanding in terms of factors that are necessary in forming pleasant environmental conditions within homes (7 Tips for Creating a Pleasant Home Environment, 2021). When the individuals are putting into operation these factors, they need to ensure, they are implementing positivity in them. All the family members, need to focus on these factors on regular basis. Factors to be acknowledged in forming pleasant environmental conditions within homes are stated as follows:

Implementing Effective Communication Processes:

The family members need to implement communication processes in an effective manner. It takes place in a verbal and written form. Verbal communication takes place face to face or through utilization of technologies. On the other hand, written communication takes place through exchanging messages, and emails. The family members exchange

videos, images, pictures, when they are located at a distance. The individuals need to make use of polite language and decent words. Furthermore, they need to treat each other with respect and courtesy. This is facilitating in exchanging ideas and viewpoints, augmenting knowledge and understanding in terms of various areas and providing solutions to various types of problems. When communication among family members takes place in an appropriate manner, they will contribute significantly in reinforcing cordiality and forming pleasant environmental conditions within homes. Therefore, implementing effective communication processes is regarded as one of the indispensable factors to be acknowledged in forming pleasant environmental conditions within homes.

Honing Listening Skills

The individuals need to focus on honing listening skills. The family members of all age groups need to listen to others. When younger family members are conveying their ideas and viewpoints to older family members, they need to listen to them in an adequate manner. In this manner, individuals will be able to augment knowledge and understanding in terms of various areas and provide solutions to various types of problems. In some cases, one may be overwhelmed by any dilemmas or worrying situations. In such cases, one may have to seek ideas and suggestions from their family members. When there are occurrence of problems in one's professional lives, in such cases as well, family members play an important part in solving concerns and issues. The development of listening skills contributes in reinforcing the traits of benevolence and liberality. As a consequence, family members will contribute significantly in forming cordial and amiable terms and relationships with each other. Therefore, honing listening skills is one of the significant factors to be acknowledged in forming pleasant environmental conditions within homes.

Implementing Time Management Skills:

The implementation of time management skills is regarded to be of utmost significance in forming pleasant environmental conditions within homes. The family members are vested with number of job duties and responsibilities. Some are more time consuming, whereas, others can be completed in less amount of time. The individuals need to assign priorities to the tasks. The tasks, which are more important are carried out first, whereas, the tasks, which are regarded as less important are carried out after the completion of more important ones. Procrastination is avoided. These skills would be facilitating in spending time with family members. Hence, these skills would be facilitating in taking out sufficient amount of time for job duties and family members. When individuals are at home, they need to ensure, they spend time with family members and communicate with them in an effective manner. Therefore, implementing time management skills is an

eminent factor to be acknowledged in forming pleasant environmental conditions within homes.

Creating a Balance between Personal and Professional Lives:

The family members, particularly the ones who are working or are engaged in other jobs and activities are required to create a balance between personal and professional lives. Apart from their busy schedules, they need to take out time for family members. When individuals are pursuing educational programs or are engaged in employment opportunities within various types of employment settings, they are usually off on weekends. Hence, they need to spend time with family members and hone social skills and interactive abilities. The family members are usually overwhelmed by the feelings of frustration and anger, when they feel that they are unable to interact with individuals, because they are occupied in their professional lives. The individuals within homes are required to interact with each other to obtain answers to their questions. Hence, it is vital to create a balance for students as well as working professionals between their personal and professional lives. Therefore, creating a balance between personal and professional lives is a renowned factor to be acknowledged in forming pleasant environmental conditions within homes.

Depicting Kind-heartedness and Generosity:

Reinforcing the traits of kind-heartedness and generosity are regarded as fundamental to form pleasant environmental conditions within homes. Depicting the traits of kind-heartedness and generosity have proven to be favourable on a comprehensive basis, i.e. exchanging ideas and viewpoints; augmenting knowledge and understanding in terms of various areas; providing solutions to various types of problems; promoting well-being and goodwill; implementing household responsibilities in a well-ordered manner; carrying out the function of child development in a well-organized manner; inculcating the traits of morality and ethics; implementing the traits of diligence, resourcefulness and conscientiousness; reinforcing the traits of helpfulness and co-operation and taking care of health care needs of family members. When family members acknowledge the meaning and significance of these traits, they will be able to contribute significantly in strengthening the traits of kind-heartedness and generosity. Therefore, depicting kind-heartedness and generosity is a prominent factor to be acknowledged in forming pleasant environmental conditions within homes.

Developing Mutual Understanding:

The family members are required to develop mutual understanding. This is facilitated, when family

members form positive viewpoints and not possess any negative feelings in terms of anybody. The family members are different from each other in terms of genders and age groups. Hence, they need to ensure, they form constructive viewpoints and be supportive. The management of household responsibilities is an important task, which individuals need to pay attention towards on a comprehensive basis. These are normally divided among family members. Hence, when mutual understanding will be reinforced, individuals will be able to understand each other's needs and requirements. The individuals will depict interest in carrying out the tasks of other family members, particularly when they are not feeling well or are occupied with other job duties. As a consequence, the family members possess positive viewpoints in terms of others. Furthermore, individuals will acquire appreciation and reverence from other family members. Therefore, developing mutual understanding is a noteworthy factor to be acknowledged in forming pleasant environmental conditions within homes.

Inculcating the Traits of Morality and Ethics:

From the stage of early childhood, throughout the lives of the individuals, they are required to inculcate the traits of morality and ethics. These traits are facilitating in doing well in one's job duties, leading to enrichment of one's personality traits and forming pleasant environmental conditions within homes. As a consequence, individuals will be able to differentiate between appropriate and inappropriate factors; putting in efforts to one's best abilities; possess the abilities to work under stress; form constructive viewpoints in terms of various factors; manage anger in an adequate manner; depict the traits of efficiency, honesty, righteousness and truthfulness; make wise and productive decisions; depict kind-heartedness and generosity; hone analytical, critical-thinking and problem-solving skills; develop mutual understanding and reinforce the traits of helpfulness and co-operation. These traits would be facilitating in forming pleasant environmental conditions within homes. Hence, one needs to put emphasis on strengthening them throughout their lives. Therefore, inculcating the traits of morality and ethics is an advantageous factor to be acknowledged in forming pleasant environmental conditions within homes.

Implementing the Traits of Diligence, Resourcefulness and Conscientiousness:

The management of household responsibilities is an important task, which individuals need to pay attention towards on a comprehensive basis. The various types of household responsibilities are, cleaning, washing, preparation of meals, gardening, child development, taking care of elderly family members and overall management of the household. These are normally divided among family members. On the other hand, to

carry out the jobs of electric work, repair work, plumbing, carpentry, painting and so forth, service providers are hired. The job duties that are carried out within the households are manageable or complicated. Hence, implementing the traits of diligence, resourcefulness and conscientiousness is essential to carry out all types of household responsibilities and other activities in a well-ordered manner (Campbell & Dimarco, 2021). As a consequence, the pleasant environmental conditions are formed within homes. The family members incur the feelings of pleasure and contentment, when the tasks and activities will be put into operation in an adequate manner. Therefore, implementing the traits of diligence, resourcefulness and conscientiousness is a favourable factor to be acknowledged in forming pleasant environmental conditions within homes.

Reinforcing the Traits of Helpfulness and Co-operation:

The family members need to put emphasis on reinforcement of the traits of helpfulness and co-operation. The individuals are required to augment their knowledge and understanding in terms of various areas and provide solutions to various types of problems. There are some job duties, which are carried out on an individual basis, whereas, in case of others, one has to obtain support and help from other members. In some cases, one may be overwhelmed by any dilemmas or worrying situations. In such cases, one may have to seek ideas and suggestions from their family members. When there are occurrence of problems in one's professional lives, in such cases as well, family members play an important part in solving concerns and issues. Hence, reinforcement of the traits of helpfulness and co-operation is vital in generation of the desired outcomes, reinforcing amiability and cordiality in one's terms and relationships and forming pleasant environmental conditions within homes. Therefore, reinforcing the traits of helpfulness and co-operation is a useful factor to be acknowledged in forming pleasant environmental conditions within homes.

Taking care of Health Care Needs of Family Members:

The individuals need to pay attention towards taking care of health care needs of family members. There are elderly family members in some households, when they are not ambulatory and cannot carry out the activities on their own, hence, they are required to obtain help and support from other family members. The caregivers are hired, but family members are required to supervise the tasks. In some households, there are young children. Hence, family members are required to carry out the function of child development in an adequate manner. The health problems and illnesses are experienced by individuals, belonging to

all age groups, hence, family members need to put emphasis on taking care of their health care needs. In the personal and professional lives of the individuals, they experience situations, when they are overwhelmed by psychological problems of anger, stress, anxiety, frustration and depression. The individuals share their problems and concerns with family members. They understand and provide useful solutions. Therefore, taking care of health care needs of family members is a favourable factor to be acknowledged in forming pleasant environmental conditions within homes.

Advantages of Forming Pleasant Environmental Conditions within Homes:

It is understood by the individuals on a comprehensive basis that family is regarded as the foundation from where learning, growth and development takes place. When pleasant environmental conditions are formed within homes, cordial terms and relationships will be formed with family members and vice-versa. In order to reinforce cordial terms and relationships with family members, it is of utmost significance to focus on forming pleasant environmental conditions within homes. The individuals need to be well-prepared, before they are to seek admission in educational institutions or when they are getting engaged in employment settings. The family members render an important contribution in preparing the individuals in an adequate manner. The individuals need to acquire an efficient understanding of the techniques and implement them in their lives. When communication among family members takes place in an appropriate manner and they develop mutual understanding, they will contribute significantly in reinforcing conviviality. As a consequence, there will be formation of pleasant environmental conditions within homes (Set the Tone for a Happy Home, 2022). The individuals need to be informative in terms of advantages of forming pleasant environmental conditions within homes. These are, implementing peaceful conflict resolution methods; augmenting skills and abilities; enhancing one's personality traits; putting into operation tasks and functions successfully; promoting a normal mind-set and leading to enhancement of one's overall standards of living. These are stated as follows:

Implementing peaceful Conflict Resolution Methods:

In some cases, there are occurrence of various kinds of situations, which give rise to conflicts among family members. These are experienced in a major or minor form. These would impede terms and relationships among family members, particularly when they get involved in heated arguments. Hence, it is indispensable to implement peaceful conflict resolution methods. These methods would be facilitating in acquiring an efficient understanding of

the problems and causes of occurrence of conflicts. After the causes have been identified, the individuals need to communicate with each other and come to a conclusion in a peaceful manner. The family members need to form positive viewpoints and not possess any ill feelings in terms of anybody. The individuals need to focus on honing listening skills. The family members of all age groups need to listen to others. When family members are conveying their ideas and viewpoints to other family members, they need to listen to them in an adequate manner. In this manner, individuals will be able to augment knowledge and understanding in terms of various areas and resolve conflicts. Therefore, implementing peaceful conflict resolution methods is regarded as one of the indispensable advantages of forming pleasant environmental conditions within homes.

Augmenting Skills and Abilities:

The individuals need to put emphasis on augmenting skills and abilities. The various types of skills that need to be honed are, communication skills, decision-making skills, time management skills, problem-solving skills, analytical skills, critical-thinking skills, technical skills, social skills, creative skills, negotiation skills, personal skills, professional skills, presentation skills, public-speaking skills, and leadership skills. On the other hand, abilities, which need to be honed are, possessing the abilities to work under stress; providing solutions to various problems in an adequate manner; putting in efforts to one's best abilities; forming positive viewpoints in terms of various factors and overcoming various types of impediments. The family members are the first and foremost individuals, who make provision of information in terms of ways of augmenting skills and abilities. They convey information in terms of meaning and significance of enhancement of various kinds of skills and abilities. When the environmental conditions within homes are pleasant, the individuals will be able to acquire an efficient understanding of the techniques and put them into operation in their lives. The interaction can be facilitated in an adequate manner, when individuals possess an approachable nature and an amiable attitude. Therefore, augmenting skills and abilities is one of the significant advantages of forming pleasant environmental conditions within homes.

Enhancing one's Personality Traits:

Promoting enhancement of one's personality traits is regarded as one of the major goals of all individuals, irrespective of their communities, categories, occupations and socio-economic backgrounds. When individuals form cordial and amiable terms and relationships with family members and there will be pleasant environment within homes, individuals will contribute significantly in promoting enhancement of one's personality traits. The family members are the

first and foremost individuals, who make provision of information in terms of different types of methodologies and approaches. They convey information in terms of meaning and significance of enhancement of personality traits. The individuals understand that this is essential to lead to up-gradation of one's overall standards of living. The individuals understand that throughout their lives, one needs to focus on this trait. When the environmental conditions within homes are pleasant, the individuals will be able to acquire an efficient understanding of the techniques and put them into operation in their lives. The interaction can be facilitated in an adequate manner, when individuals possess an approachable nature and an amiable attitude. The individuals share their problems and concerns with family members. They understand and provide useful solutions. Therefore, it can be stated, enhancing one's personality traits is an essential advantage of forming pleasant environmental conditions within homes.

Putting into operation Tasks and Functions successfully:

The individuals are required to put into operation various tasks and functions in their personal and professional lives. These are manageable as well as complicated. The family members make provision of moral support to the individuals. When they are overwhelmed by any kinds of problems or challenging situations, the communication with family members renders an important contribution in honing confidence levels among individuals. In this manner, the family members will impart information in terms of methodologies and approaches. When individuals are overwhelmed by any predicaments or perturbing situations. In such cases, one may have to seek ideas and suggestions from their family members. When there are occurrence of problems in one's professional lives, in such cases as well, family members render a significant contribution in solving concerns and issues. The development of communication skills and mutual understanding contributes in reinforcing the traits of compassion and broad-mindedness. As a consequence, individuals will not only carry out tasks and functions successfully but family members will contribute significantly in forming cordial and amiable terms and relationships with each other. Hence, environmental conditions within homes will be pleasant. Therefore, putting into operation tasks and functions successfully is a meaningful advantage of forming pleasant environmental conditions within homes.

Promoting a normal Mind-set:

In the personal and professional lives of the individuals, they experience situations, when they are overwhelmed by psychological problems of anger, stress, anxiety, frustration and depression. These problems are an integral part of the lives of the

individuals. In other words, they experience situations in their lives, when they get compelled to experience these. When these problems are experienced in a major form, these give rise to impediments within the course of promoting a normal mind-set. Hence, in order to promote enrichment of one's personality traits and overall living standards, the psychological problems need to be solved. Furthermore, these need to be prevented from assuming a major form. The family members are first and foremost individuals, who are approached in cases of various types of psychological problems. The individuals share their problems and concerns with family members. They understand and provide useful solutions. When environmental conditions within homes are stressful and family members do not communicate with each other in an effective manner, it is disappointing. Furthermore, the individuals are overwhelmed by various types of psychological problems. On the other hand, when environmental conditions within homes are pleasant, the family members reinforce the traits of helpfulness and co-operation. Therefore, promoting a normal mind-set is an advantage of forming pleasant environmental conditions within homes, which has facilitated achievement of goals and objectives in personal and professional lives.

Leading to enhancement of one's overall Standards of Living:

Leading to enhancement of one's overall standards of living is one of the major goals of all individuals, irrespective of their communities, categories, occupations and socio-economic backgrounds. When the individuals are wholeheartedly committed towards achievement of this goal, they will have to acquire support and help from family members. The family members want best for individuals and aim to promote their well-being. Hence, they will give useful and meaningful ideas and suggestions. These need to be understood and implemented in an appropriate manner. When individuals form cordial and amiable terms and relationships with family members and there will be pleasant environmental conditions within homes, individuals will contribute significantly in leading to enhancement of one's overall standards of living. The family members make provision of information in terms of different types of methodologies and approaches that are necessary to achieve this goal in a well-ordered manner. Problems are regarded as an integral part of the lives of the individuals. The family members are communicated with, when problems are experienced in the personal and professional lives of individuals. Therefore, leading to enhancement of one's overall standards of living is an advantage of forming pleasant environmental conditions within homes, which has been acknowledged by individuals on a comprehensive basis.

CONCLUSION:

The individuals need to be well-informed in terms of significance of forming pleasant environmental conditions within homes. Factors to be acknowledged in forming pleasant environmental conditions within homes are, implementing effective communication processes, honing listening skills, implementing time management skills, creating a balance between personal and professional lives, depicting kind-heartedness and generosity, developing mutual understanding, inculcating the traits of morality and ethics, implementing the traits of diligence, resourcefulness and conscientiousness, reinforcing the traits of helpfulness and co-operation and taking care of health care needs of family members. Advantages of forming pleasant environmental conditions within homes are, implementing peaceful conflict resolution methods; augmenting skills and abilities; enhancing one's personality traits; putting into operation tasks and functions successfully; promoting a normal mind-set and leading to enhancement of one's overall standards of living. Finally, it can be stated, forming pleasant environmental conditions within homes are favourable to the individuals on a comprehensive basis.

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