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Reflection 10

Discuss the benefits of a support group for caregivers.

Social workers can lead support groups for the midlife son or daughter's effective coping and well-being. The other functions of the group are to provide a much-needed respite from caregiving, reduce isolation and loneliness, provide the opportunity to share feelings and experiences in a supportive atmosphere, affirm and validate feelings and thoughts about caregiving situations, instill hope, educate caregivers about the effects of chronic disabilities and available community resources, encourage a mutual sharing of information about effective coping strategies, and help caregivers to become motivated to use systematic problem-solving procedures and coping strategies to reduce or eliminate the stress they are experiencing. (Ashford, 2018, pg. 436).

Identify and discuss the four major social roles of women in American society.

The first major social role of a woman in America is to be a good wife. It appears her first obligation is to her husband in making he's cared for, and his needs are met. It also depends on how well she gets along with her in-laws and friends that she and her husband share. The second social role is a homemaker. The woman must be able to manage the home and her responsibilities to ensure the home is well-balanced. Thirdly, she must be a good mother. The reflection of the children is based on hold well the woman of the house raises them; even if the

children's father is there, most of the burden of raising children falls on the woman/mother.

Lastly, the fourth role of the woman is an employee. The woman, whether she's the CEO or a waitress, has the responsibility to the company to meet those demands. Staying in constant flow with her colleagues or co-workers and doing her part, meeting deadlines, and maintaining professionalism without the other three roles clashing in, are what is expected in American society. (Ashford, pg. 439-440).

Ashford, J. B., LeCroy, C. W., Williams, L. R. (2018) **Human Behavior in the Social Environment: A Multidimensional Perspective**. 6th, ed. Cengage Learning.