

Family Cohesion: Building a Sustainable Society in Qatar

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Family plays a significant and effective role in building a truly cohesive society. The importance of family is shaped through nurturing individuals emotionally and offering a sense of belonging and security, which is essential for personal development. Family is also the primary environment where individual capabilities are developed and religious, national, and social values are instilled. Individuals in strong families are far more capable of withstanding life hardships because they are mentally tougher and grow to positively contribute to society. Many studies on family cohesion focus on children, as early development is a crucial period in which core principles, values, and social skills are instilled, shaping individuals' contributions to society later in life and fostering stronger, more cohesive communities. This focus on the family aligns with Qatar University's Research Strategy 2025-2030, which emphasizes social cohesion as the essence of societal development. In this context, family cohesion is not only a personal benefit but also a societal asset. This article explores the role of family cohesion in promoting mental health, education, and societal values, and how the family can be the backbone of a prosperous and cohesive society.

One of the most important roles of family cohesion is promoting positive mental health among its members. Strong families offer comfort, stability, and inner strength, helping individuals cope with life's hardships and encouraging them to act as responsible members of society. Research in Qatar supports this view. According to Fakhrou et al. (2023), in a study made to examine how families support children with mental disorders in



the GCC with a focus on Qatar, specific family behaviors can either worsen or ease stress, emphasizing the vital role family plays in strengthening children's well-being and enabling them to develop effective coping skills. They provide comfort and guidance, help children obtain appropriate care, and ensure their needs are addressed within the healthcare system. Families assist children in following treatment plans and tracking their progress. In addition, the authors also mentioned that the family can help by teaching children essential coping strategies, including problem-solving, emotional control, and social skills. Families can also strengthen their children's resilience and promote a sense of purpose, which contributes to overall positive mental health. Thus, these findings highlight that family cohesion is not only crucial for supporting children with mental health disorders but also for promoting mental health across society, reinforcing the vital role families play in building a cohesive and resilient community. Another important aspect of family cohesion is its role in promoting education. There is no denying that family support can significantly enhance the individual's motivation towards achievement, engagement, and overall performance in the academic context. Families are the closest influence an individual is exposed to,

shaping multiple aspects of their life, academics being one. According to Guo et al. (2025), a study made on 436,299 adolescents across 71 countries found that family support was positively linked with academic performance in a global context. The study showcased that family support, including emotional and academic encouragement, plays a crucial role in enhancing students' academic outcomes. This is also reflected in Qatar, where many schools encourage parental workshops and their involvement in the academic context. Growing up, one can observe how parents are often invited to contribute to the academic environment, emphasizing the shared responsibility between schools and families. Hence, this highlights the vital role of family cohesion in shaping a cohesive and sustainable society in Qatar.

Family cohesion, alongside its role in education and mental health, is important for passing down societal values and helps build a prosperous and cohesive society. The key role of family cohesion in transmitting core societal values illustrates how families serve as the backbone of a prosperous and cohesive society in Qatar. Individuals learn core values and moral principles through the family they grew up in, often through shared experiences, and cultural traditions that are practiced in daily life. This early foundation shapes a society with shared values and allows communities and social institutions to work together harmoniously. Qatar has implemented many programs to strengthen family cohesion and transmit societal values. According to the Ministry of Social Development and Family (MDSF, 2023), Qatar's MSDF launched a campaign called "Family is the Treasure of the Nation" to observe the International Year of family 2024. The campaign involves a series of events aimed at promoting family cohesion as part of the "Strengthening Values" initiative. The Ministry of Education and Higher Education, the Ministry of Interior, and Wifaq Family Consulting Center took part in the campaign by organizing workshops that teach values such as morality, religion, and ethical behavior, promoting kindness within families, all of which are crucial for promoting a prosperous and harmonious society. In this way, reinforcing the fundamental role of a strong family structure for societal



development and social harmony.

Family cohesion plays a crucial role in shaping a cohesive, sustainable, and prosperous society, as it supports mental health, promotes education, and instills societal values. Strong family structure provides comfort, stability, and emotional strength, helping individuals cope with life difficulties and develop into responsible members of society. By nurturing these aspects, families in Qatar create a foundation for positive mental well-being, ensuring that children and adolescents grow up confident, resilient, and capable of contributing to their communities. In addition, family involvement in education strengthens academic motivation and engagement, allowing individuals to develop essential skills, knowledge, and a sense of purpose that benefits both personal growth and societal progress. Furthermore, families serve as the primary outlet for transmitting cultural, ethical, and moral values, enabling communities to function harmoniously and collectively work towards shared goals. Initiatives in Qatar, such as educational workshops and programs promoting family cohesion, demonstrate the nation's commitment to supporting families in these roles. Therefore, reinforcing family cohesion remains important to societal development. Government officials, educators, and community leaders need to maintain environments that strengthen and empower families, so that future generations are raised in a society built on resilience, learning, cultural heritage, and common values.

