

These days the tradition of families eating meals together is declining. Why is this happening? What are the effects on families?

Nowadays, ~~less-fewer~~ family members ~~seat-sit~~ together to have daily meals. While many believe it is mainly due to the hectic pace of life, others are of the idea that this ~~as-is~~ a result of broken emotional relation amongst family members. This can lead to many psychological problems ~~to-for~~ both parents and children. This essay will elaborate this controversial issue with some relevant examples.

Family in most parts of the world is considered ~~as~~-a core part of ~~the~~-society, and because of its critical role even a small ~~fraction-fracture/crack~~ in this foundation will lead to irreparable damages to society. Having meals in families could be considered a good reason to bring family members ~~to~~ together and talk about daily issues, but regrettably in these days most parents are both working outside and rarely find time to spend with their family let alone have a meal. Most working mothers usually do not cook, thus children eat with their friends out of home.

Not having meals together in a family can lead to serious psychological problems for both parents and children. ~~Children-the latter~~ will not receive that much needed attention and care ~~and this which~~ results in feelings of loneliness and many other mental disorders in children. On the other hand, having daily meals separately can reduce the emotional connection between parents and thus emotional divorce has been observed ~~on-among~~ couples who mostly will not eat together. Based on a recent research published by school of psychology of UCLA the level of happiness amongst families who do not eat together decreases drastically ~~over time along the time~~.

By way of conclusion, although having daily meals at a table ~~seems impossible for all family members~~ seems like an unimportant issue, it has been proven it has a major role in the emotional health of families.

Many claim that it can damage the economy of a family but I strongly believe that the benefits far outweigh the drawbacks.