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PATRICIAN COLLEGE OF ARTS AND SCIENCE

Building and Strengthening Ecosystems for Children



INTERNATIONAL CONFERENCE

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THE DEPARTMENT OF SOCIAL WORK

In Co llaboration with



CHILDREN BELIEVE & THOZHAMAI

6th, 7th and 8th April 2022

Academic Director's Message



My appreciation to the Department of Social Work for organizing three days international conference on 'Building and Strengthening Ecosystems for Children.' Childhood is the foundation of learning and shaping one's personality for the future. Children need the care and attention of significant others in different systems like family, school, and society. An optimal level of functioning of these systems will help them fully develop according to their potential. Molding children at this age is very important; as it is a golden age of understanding self and his or her capability, which will impact their behaviors once they become adults.

During this phase Children need support in different degrees from all the systems around them, this will become the foundation that allows their country to prosperously develop. The key to our development is to identify, clarify and address the challenges in these systems that hinder children develop functional and productive behavior.

I am pleased with the effort of bringing a special edition of the research work of the international conference which focuses on creating a better world for children. The conference with its hybrid mode has extended the knowledge horizons during these unprecedented times, My congratulation to the faculty team and students for their efforts to make this conference an outstanding one.

Dr.Fatima Vasanth
Academic Director

Convenor's Message



It's our source of pride to organize a Three-day Virtual International Conference on 'Building and Strengthening Ecosystems for Children.' on 6th, 7th, and 8th April 2022.

With the changing times and children going through a totally different situation that none fathomed, this conference was planned at the appropriate time to think, and deliberate on the support systems of Children for better and positive development. In some scenarios, the system by itself instead of being positive or a strength to the child becomes a threat. This thwarts the holistic development of a child into a fully functioning individual in all aspects like Physical, Psychological, and Social well-being. Although we have protective and preventive mechanisms planned and implemented by Governmental and Non-Governmental organizations a lacuna is still felt and the gaps still remain to be bridged.

This conference addressed issues in formal, informal, protective, and preventive systems and provide solutions with a scientific aptitude. I am happy to find the active participation of Research Scholars, Academicians, and other delegates in presenting, deliberating, and publishing their research work

Our gratitude to our patrons Bro. Dr. S. Arockiaraj, Director & Secretary, Patrician College of Arts & Science, and Dr. Fatima Vasanth, Academic Director, Patrician College of Arts & Science for their fullest support at all times. Our thanks to our Chair Person Dr. Usha George, Principal, Patrician College of Arts & Science for her consistent guidance.

I appreciate the collaborative efforts of my faculty team and students.

**Ms. Divya J
Assistant Professor & Head**



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PARENTING AND CHILDREN'S WELLBEING

*Ms. Prenithaa Albina J

**Ms. Divya J

Abstract

Parents are the pillars in a child's development right from the time they are brought into this world. The process of parenting and its methods have been changing over and over, as years pass by. And by observing for the past 100 years, it has been changing due to the influence of beliefs, attitudes and practices regarding parenting. New views are in vogue as advice, to the parents; by the professionals. *Parenting* is understood as a skill that is natural and innate but reality, all parents do not have the needed expertise. Parenting as a process, is expected to bring in an outcome of child's preparedness for independent living. Literature shows that a child's physical, emotional, social, psychological, cognitive and moral development is determined strongly by both heredity and environment. Both these factors, are directly connected to parent and parenting. This paper will examine the factors linked with the right parenting for the holistic development of a child.

Keywords: *parenting, children, wellbeing, parenting style, holistic development, positive parenting, functional parenting.*

Parenting focuses on wholesome development and it not only involves the physical but the emotional and social aspects of a parent into the parenting process. This art of parenting has been understood through different styles based on the parents as persons and the need as Authoritative, Permissive, Neglectful, Democratic, Autocratic, laissez-faire etc. Parenting is the most evolved emotion of the rational 'human hood', because it is a complicated phase for which everyone is not ready and, many a times, it is learning by doing on the trial and error method.

Parenting is not merely a biological connection and definitely not just an act of bringing a child. It is an unseen bond and unsaid promise to be there regardless. This unconditional acceptance and availability for the child, can be done only when every child is considered unique. Child-centered parenting happens in many modern households today with single child, understanding it as the best method. A child centered parenting is a parenting that is organized around the needs and interests of child rather than those of parent. A parent following this type of approach, gives equal rights for their children and they play less authoritative roles in their lives. This enhances a child's natural creativity and a sense of initiative. It also needs to be understood that children exposed to this kind of parenting alone, develop a barrier of resistance, to any critical comments. This happens because parents are never critical because of the fear of ruining the self-esteem of their children. These children tend to grow up self-centered and lack the skills of having good social relationships. As adults, they are not able to manage and adjust because, children everything revolved around them. They may even find hard integrating themselves into a community where they are not the central focus.

THEORETICAL PERSPECTIVES:

Lot of research has happened to identify parenting practices and its influences on child development. Based on this, many theories have developed. There are 4 kinds of parenting styles namely: *authoritarian* (cooler and more

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directive), *authoritative* parenting (warmer and more directive parenting), *disengaged* parenting (cooler, less directive parenting), *permissive* parenting (warmer less directive parenting).

PARENT DEVELOPMENT THEORY;

The PDT is a useful theoretical perspective for understanding individuals' parenting perceptions and behaviours. Closely aligned with both social learning and cognitive developmental theories, the PDT posits how *individuals construct and modify their parenting point of views over time*. More specifically, parenting is viewed as *a social role* which includes a specific group of individuals called parents, involved in a parent-child dyadic relationship, performing behaviours associated with the parental role. Research associated with the PDT reveals that individuals tend to perceive the parent role as including six primary characteristics: *bonding, discipline, education, general welfare and protection, responsivity, and sensitivity*.

DIANA BAUMRIND'S PARENTING STYLE THEORY;

Baumrind's theory is that *there is a close relationship between the type of parenting style and children's behavior*. Different styles of parenting can lead to different child development and child outcomes. For instance, Permissive parents are more likely to take on a friendship role, rather than a parenting role, with their kids. Authoritative parents are nurturing, supportive and often in tune with their children's needs. Neglectful parents have limited engagement with their children and rarely implement rules. They can also be seen as cold and uncaring — but not always intentionally. This rigid parenting style uses stern discipline, often justified as “tough love.”

PARENT-CHILD RELATIONSHIP THEORY:

During infancy, *parent-child relationship* is characterized by high levels of bonding of children with their parents (especially mothers), due to strong emotional and physical ties between a child and his or her parents. The loss of the attachment figure is accompanied by anxiety and grief, which can lead to problems in the child's social and emotional development. Strong attachment ties between children and their parents are a necessary condition for good mental health of the future adult. It is believed to be developed through *consistent responsiveness* by a parent to the child's needs, resulting in internal working models of *attachment and caring relationships*.

POSITIVE PARENTING THEORY:

Positive Parenting focuses on bringing out the best in our children by focusing on their strengths. Instead of actively attempting to prevent negative behaviour, it emphasizes *recognizing and encouraging positive behaviours*. However, the theory does not suggest that weaknesses should not be supported or addressed, but rather, that we can create a better parenting **balance** by focusing efforts on strengths. It is important to recognize that this will not be a “*one-size-fits-all*” approach, and it can take time to achieve the right balance for your family

JOHN BOWLBY'S ATTACHMENT THEORY:

Attachment theory focuses on relationships and bonds (particularly long-term) between people, including those between a parent and child. Bowlby believed that the earliest bonds formed by children with their caregivers have a tremendous impact that continues throughout life. He suggested that attachment also serves to keep the infant close to the mother, thus improving the child's chances of survival, he viewed attachment as a *product of evolutionary processes*. While the behavioural theories of attachment suggested that attachment was a learned process, Bowlby proposed that children are born with an innate drive to form attachments with caregivers.

MACCOCY AND MARTIN'S PARENTING STYLE THEORY:

According to Maccoby and Martin, categorizing parents according to whether they are high or low on parental demandingness and responsiveness creates a quadrant of parenting styles: *indulgent, authoritarian, authoritative and uninvolved*. Maccoby and Martin's research efforts primarily focused on the configuration of the parenting styles and

PARENTING AND CHILDREN'S WELLBEING

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to a lesser extent on their association with children's development. Based on the combination of two dimensions – demandingness and responsiveness – they defined four parenting styles: *authoritative* (i.e., high demandingness and high responsiveness); *authoritarian* (i.e., high demandingness and low responsiveness); *indulgent* (i.e., low demandingness and high responsiveness); and *neglectful* (i.e., low demandingness and low responsiveness). These two parenting dimensions are similar, yet not identical to the dimensions '*parental support*' and '*parental behavioural control*'.

EFFECTS OF PARENTING:

On a first glance, positive parenting looks like all good and positive without any reaction towards the bad behavior of your kid. However, on the contrary, positive parenting does not mean that you cannot reprimand when your kid behaves badly. Positive parenting focuses on discipline and raising the kids to become a self-reliant and responsible individual who treats others with compassion, respect and gratitude.

Some of the positive parenting effects:

- Stronger bonding between parents and children
- Better and effective flow of communication
- Higher self-esteem and happiness
- Sets a positive example for kids
- to be creative and non-punitive.

NEGATIVE EFFECTS OF PARENTING:

Beyond child abuse and neglect, there are also things that parents may do or say that can, even unintentionally, lead to adverse outcomes for a child.

- Higher Risk for Psychological Disorders
- Poor Performance in School.
- Depression and Low Self-Esteem
- Violence and Behavior Problems
- Failure to Thrive
- Problems with the Law
- Poor Social Adjustment.

NEGATIVE AND DYSFUNCTIONAL PARENTING:

Harsh parenting, due to loss of self-control, is a reasonable predictor of children's aggressive behavior. Especially when parents do corporal punishment to their children, the children who were punished may feel that it is acceptable to be unkind to others. Sometimes aggression is manifested through parenting too. Different parenting styles will also result in children's proactive aggression or reactive aggression. This does not mean parenting alone can cause aggression, influences can also come from peers, genetic, or even media.

CHILDREN'S WELLBEING:

A child's well-being is a measure of the quality of its life, including how well a child is and how life is going. This broad definition can easily encompass the different ways of assessing child well-being, such as health, education, economic status, family or social life, or safety and security concerns. These areas may include both objective measurements as well as subjective indicators, or the individual's assessment of how their life is going.

IN FORMATIVE YEARS:

The formative years or the early stages of childhood where they learn more quickly than at any other time in life. These are the years in which a child experiences five types of rapid development- cognitive, social and emotional, speech and

language, fine motor skill and gross motor skill development. The most beneficial learning and development process for a pre-schooler is play and it is often recognised that play is an essential part of life.

THROUGH ADOLESCENCE:

Adolescent well-being is a personal and societal good in its own right, and at the same time, adolescence is a critical period of the life course when many of the factors that contribute to lifelong well-being are, or are not, acquired or solidified. The five domains of adolescent well-being that underpin the adolescent well-being framework- Good health and optimum nutrition, Connectedness, positive values, and contribution to society, Safety and a supportive environment, Learning, competence, education, skills, and employability, Agency and resilience.

TOWARDS PERSONALITY DEVELOPMENT:

Understanding personality development requires looking at children from three perspectives- social contexts, biological maturation, children's developing representations of themselves and the social world. Renowned psychologist Carl Rogers emphasized how childhood experiences affect personality development. Most experts believe that a child's experiences in the family are important in good agreement with the importance of how a child's needs should to be met in the family environment.

PARENTING AS A RESPONSIBILITY:

Children are the unpolished diamonds of the human society, who need experienced hands to mold them into a precious diamond. It is the parents who rope the seeds of goodness into a child as a gardener rope the plants into the soil. Parenting is often considered as the root cause of a successful child or a child becoming a juvenile delinquent. Bad parenting is typically 'ineffective' or 'dysfunctional parenting' which brings in a risk factor for unhealthy social behavior and in turn promotes 'Antisocial behavior'.

Raising a child is not about always being politically correct. Parents are considered as the first founder of a child's character. Therefore, it is the moral duty of parents to mold a child into a responsible citizen of country by cultivating the seeds of truth, goodness, moral values and humanity. Parents should raise their child with proper penalty that is suitable to the particular behavior of child (whether positive or negative) as it will surely put an everlasting impact on their personality. Parents should also let their children free to make their own choice as it will give them confidence to take their own decision in future. Parents should realize that they are investing in future so always set good example for kids and trained them calmly and politely. A child is considered as a blank slate and whatever written on it, especially by parents stays forever.

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