

PARENTING AND WELLBEING

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Abstract: Parenting is the most important part of a child's wellbeing and development. Good parenting helps children to make happy, healthy, ready to learn able, make a positive contribution in society and achieve economic and emotional wellbeing. The objective of this research paper is try to explain the changing views of socialization as they structure the task of parenting and defines the norms of child well-being. In this sense, well-being involves self-regulatory processes that help maintain and get our normal level of subjective well-being in the face of developmental challenges. Over the last decade the Government has tried to make a system for parents help. According to this system parents can take a help when they need alimention and development of their children. Happy parents are more likely to raise happy children that thrive in the future. Mother and father have played different roles in their children's lives. A good parent tries to take decisions in the best interest and favor of the child. A good parent doesn't have to be perfect. But it doesn't mean that we shouldn't work towards that goal. Firstly set high standards for ourselves and then our children. Parents play a role as a role model to them. Babies are born with around 100 billion brain cells with relatively little connections. All these connections build our thoughts, push our actions, make our personalities and basically sort out who we are. They determine strengthened through experiences across our lives. Parents help to manage all this. Give your child positive experiences. They will have the ability to experience positive experiences themselves and offer them to others.

KEYWORDS: - PARENTING, WELLBEING, ALIMENTATION, SOCIALIZATION

INTRODUCTION: -

Parenting is the process of magnify and supporting the physical, emotional, social and intellectual growth of a child from childhood to adulthood. Parenting refers to the compliance of raise a child aside from the biological relationship. The most normal caretaker in parenting is the biotic parent's of the child in question, even if others may be an older brother, a grandparent, a legal guardian, aunt, uncle or other family member, or a family friend. Governments and society may also have a role in child compliance as well. In many cases, orphaned or derelict children get parental care from non-parent blood relations. Others may be adopted, raised in foster care, or placed in an orphanage. Parenting skills vary and a parent with good parenting skills may be referred to as a good parent. "Good enough parenting is that in which a minimum of prerequisites for healthy child development are met (Donald Winnicott)".

In order to realize the influence of parenting has on your child's wellbeing it is most important to know firstly that we all have apart parenting styles. These styles have been commonly classified in the following; authoritarian, where parents have strict rules, hope their child to be mature and obedient. The next style is authorized, where parents are assertive, not restrictive and supportive yet monitor behaviors closely and show clear standards, then we have the Permissive parenting style, these parents rarely discipline, are responsive and allow their child self-regulation. The last style is uninvolved parent; this style speaks for

itself and has no place in positive parenting. When looking at the different styles it is easy to see that if two parents have a differing opinion on which style to use when parenting, this can impact on them showing a united front in parenting, which is key to good parenting.

OBJECTIVE OF PARENTING:-

An objective of parenting is socialization of child and defines the standards of child well-being. Parenting is defined as the process by which children get the social, emotional, and cognitive skills needed to function in the social community. In turn, well-being is defined as a form of cognitive, affective, and social growth during human development that leads to a positive adjustment to given societal circumstances (e.g., rules, norms, and societal expectations). In this sense, well-being involves selfregulatory processes that help maintain and regain our normal level of subjective well-being in the face of developmental challenges. The chapter begins with the description of classical models of socialization that see children as being shaped by unidirectional influences from significant caregivers.

PARENTING STYLES:-

A parenting style is the totally emotional climate in the home. Developmental psychologist Diana Baumrind identified three main parenting styles in early child development:-

1. Authoritative:-

Described by Baumrind as the "just right" style, in modulate a middle level request on the child and a medium level responsiveness from the parents. Authoritative parents trust on positive aliment and unique use of strafe. Parents are more aware of a child's emotions, ability and support the development of a child's autonomy within reasonable limits. There is a interchange environment besmeared in parent-child communication and both limits and support are steady. Example of authoritative parenting would be the parents talking to their child about their emotions

2. Authoritarian :-

Authoritarian parents are stiff and strict. They want high demands from the child, but are not responsive to the child. Parents who practice authoritarian style parenting have a rigid set of rules and expectations that are strictly enforced and require rigid obedience. When the rules are not followed, punishment is most often used to promote future obedience. There is generally no explanation of punishment except that the child is in trouble for breaking a rule. This parenting style is more strongly associated with corporal punishment, such as spanking. "Because I said so" is a typical response to a child's question of authority. This type of authority is used more often in working-class families than the middle class. In 1983 Diana Baumrind found that children raised in an authoritarianstyle home were less cheerful, more moody and more vulnerable to stress. In many cases these children also demonstrated passive hostility. Example of authoritarian, parenting would be the parents sharply punishing their children and neglect their children's feelings and emotions.

3. PERMISSIVE PARENTING:-

Permissive parenting is most popular in middle-class families than in workingclass families. In these family settings, a child's liberty and autonomy are highly valued. Parents tend to depend mostly on reasoning and explanation. These parents think that their children are free from external difficulty and tend to be highly responsive at the moment. Children of permissive parents are generally happy but sometimes show low levels of self-control and self-reliance because they lack structure at home. An example of permissive parenting would be the parents not disciplining their children.

4. UNINVOLVED PARENTING:-

When parents are often emotionally absent and sometimes physically absent that is an uninvolved parenting style. They are not responsive to a child's needs and they do not demand anything of them. There is a large gap between parents and children with this parenting style. Children with little or no communication with their own parents tended to be the victims of another child's deviant behavior and may be involved in some moving themselves. Children of uninvolved parents suffer in social efficiency, academic performance, psychosocial development and problem behavior.

These styles of parenting involve combinations of acceptance and responsiveness and on the other hand demand and control are also involved. Research has found that parenting style is significantly related to children's subsequent mental health and well-being.

WELLBEING OF CHILDREN:-

Wellbeing and happiness develop broad ranging discussion. Many definitions are used, it is clear that wellbeing is influenced by a uncountable of factors. Academics have attempted to categories the most significant influences. British economist Lord Richard Layard specializing in the study of happiness and public policy has seven below factors defined for wellbeing:-

1. Family Relationships
2. Financial Situation
3. Work
4. Community and Friends
5. Health
6. Personal Freedom 7. Personal Values

PARENTING AND WELLBEING:-

Parenting and children wellbeing is highly correlated with each other. Parenting is the process of magnify and supporting the physical, emotional, social and intellectual growth of a child from childhood to adulthood. Many researches shows that child's wellbeing is depend on parenting styles. Happy parents are more likely to raise happy children that thrive in the future. If parents have no good economic status and social value then they does not gave good parenting. However, parenting is not gender neutral. Mothers and fathers tend to play different roles in their children's lives.

FACTOR AFFECTING PARENTING:-

Social and economic statuses have a very strong impact on what methods of child compliance are used by parents. Cultural significance share a major contribution in how a parent compliance their child. However, parenting is always develop; as times change, cultural practices and social norms and traditions change. In psychology, the parental investment theory suggests that basic differences between males and females in parental investment have great adaptive significance and lead to gender differences in mating propensities and preferences. A family's economic and social value plays a great role in the eventuality resources that will be made available to a child. Good economic and social value parents easily often an opportunity of their

children like schooling, socialization and self development. Middle-class or lower working-class families mostly do not get this type of environment. All below factor is also affecting of parenting:-

1. Micro system:

Families, friends, neighbors, health care, child care, school

2. Meso system:

Interactions between the different structures in the micro system

3. Exo system:

Social context, conditions in community, access to and quality of services

4. Macro system:

Social norms and values, policies, economic conditions

CONCLUSION:-

In conclusion we can say that children wellbeing is influence by parenting. Parenting is a most important part of child's life. Parenting is normally started from infancy and continues with child adulthood. It is very important stage to develop social norms and values in child. Parenting doesn't usually end when a child has gone in adulthood. Support can be needed in a child's life well beyond the adolescent years and continues into middle and later adulthood. Parenting can be a lifelong process.

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