

Parental Influence on the Emotional Development of Children in Rawalpindi

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Keywords	Abstract
Parental Styles, Emotional Development, Child's Mental Development.	<p><i>The most important contributors to a child's mental and emotional growth are related to their parents. The manner in which parents raise their children is of critical significance in the formation of attitudes and reasons for doing things. The temperament of the parents and the way they interact with other people has a significant impact on the child's personality. The majority of the previous study has been on authoritative parenting styles and the consequences that these styles have on the emotional development of children. The primary purpose of the research was to investigate the connection that exists between the manner in which parents raise their children and the extent to which their children have developed emotionally. A sample of 112 respondents was selected, consisting of 56 parents and 56 children. In order to carry out the research, a technique known as non-probability purposive sampling was utilized. The researcher gathered their information through the use of the triangulation method, which included the use of a structured questionnaire, an interview guide, and observation. The analysis comprised using frequency and simple percentage to break down the data.</i></p>

INTRODUCTION

When parents are responsible for the upbringing of their children, a number of concerns come up. One of these questions is why certain parents act the way that they do while they are caring for their children. They have picked up on how to act like parents from their own parents, which is one of the numerous outcomes, including the fact that they behave like or intimately know their own parents. There is also the possibility that they act in accordance with the information that they have gleaned through shows, TV, social media, and other sources (Grusec & Danilyuk, 2015).

When most people think of what it means to be a parent, they see themselves doing things like changing nappies, feeding their children, and listening to their children cry. But, this is not even close to the truth. Not only does a child have fundamental needs, but his or her parents also have a significant influence on the child's personality, behaviours, emotional development, and many other elements of their lives. A child's security and support from their parents is necessary for their development overall, which in turn fosters the child's growth and confidence (Moges & Weber, 2014). The decisions that parents make do have an impact on the social, physical, and emotional development of their children; nevertheless, this does not imply that parents should be forced to take particular actions. There is no one right way for parents to set an example for their children; nonetheless, they should provide a healthy, supportive atmosphere for their children

and should demonstrate positive attitudes in a courteous manner while asking about their children's experiences (Rosli, 2014).

Parents need to be aware that not only does this manner of parenting have an effect on their children's emotional behaviour, but also that if they are unaware of this fact, they run the risk of falling into patterns of ineffective parenting that will cause their children to have negative attitudes (Ong et al. 2018).

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The authoritative parent describes parents as being very affiliated, worried, responsive, and supportive of their children's activities. Parents who are upbeat and involved in their children's lives are referred to as authoritative (Rosli, 2014).

Many psychologists, including Bronfenbrenner, Belsky, Steinberg, and Draper, have discussed the role of the family process in relation to the development of children. They have defined that the parenting style that consists of kid and parent interplay, child and parent combined activities, and the parent's interest and indulgence in children's education is highly significant in the process of socialisation and rearing of children. The arrangement of attitudes, actions, and non-verbal communication that constitutes a parenting style serves to convey the nature of the relationship that exists between a parent and their kid in a variety of settings. Effective family socialisation is largely dependent on the views of the parents (Joharitalib et al. 2011).

Parents play an important role in the emotional and social development of their children. For instance, if parents are affectionate, responsible, or supportive, as well as if parents install behavioural control, this has been shown to be in relation to low levels of issues, attributes, and depressive signs among children. Parenting styles are behaviours that parents specifically engage in that formulate the emotional environment in which parents rear their children. A high level of cognitive control exercised by parents is associated with increased levels of anxiety and distress in children as well as adults. The concept of children's emotional development has been broken down into its three component parts: cognitive experiential, behavioural expressive, and physiological (Zarra-Nezhad et al. 2015).

It is generally agreed upon that the behavioural and expressive aspects of emotions play a significant role in the development of children. Interrelated attitudes and social ties are important for youngsters because they demonstrate their capacity for experimentation and teach them how to connect with others. The energetic connection that exists between a child and their parents, as well as the milieu that they are generating, is essential to the growth of the child. The way in which parents interact with their offspring can be thought of as one facet of this environment. The emotional climate of the family can be inferred from the way in which parents treat their offspring. The comprehensive strategy for analyzing the parenting strategies has shed light on the significance of three facets in the development of children. Affection, also known as a

positive approach; behavioural control, sometimes known as consistent discipline; and psychological control of child emotion by psychological means, such as guilt, are the three components that make up psychological control (Zarra-Nezhad et al. 2015).

Parents who project a negative attitude are able to maintain control over their children, and Authoritarian parents are those who demand more from their children yet receive a low response. Parenting is more lenient and characterised by being less demanding and more responsive. They provide a great deal of love, support, and leeway for their offspring. The term "neglectful parenting" refers to a parenting style characterised by low monitoring behaviour as well as supportive, less responsive, and less demanding parenting (Zarra-Nezhad et al. 2015).

The purpose of this study is to investigate the association between types of parenting and the degree of emotional development shown in children.

Research Question

- I. How does the manner in which parents handle their own emotions relate to the degree to which their children have developed emotionally?

REVIEW OF LITERATURE

Emotional instability and erratic conduct are two of the most important early indicators of mental impairment in later life. But the connection between the number of emotional and observable issues in early childhood and later abnormal psychology, which is important demographically, shows variety in extra time with evidence for a significant portion of children displaying sentimental or observable problems in early life but no evidence of abnormal attitude later on in life (Ong et al., 2018). This illustrates that the relationship between the two is not as straightforward as previously believed. It is vital to make a note of the cause of the differences in sensation and behaviour, as well as to identify the components that shift frequently over the course of time. The effect of children's perceptions of their parents' parenting practises on their social and emotional development from childhood to puberty (Ong et al., 2018).

The foundation for early growth in children's attitudes is a healthy relationship between the child and their parent, as well as the environment in which the child's development takes place. One of the most significant aspects of the surrounding environment is the behaviour of the parents; the emotional climate of the family can be determined by how the parents behave with their children (Zarra-Nezhad et al., 2015).

Parenting styles, which can be thought of as particular attitudes held by both the mother and the father and which contribute to the formation of an emotional environment in which children are raised, are regarded as an essential and crucial component in the development of children's sentimental, social, and emotional construction. For example, nurturing attitudes instilled in children by their parents, such as attention, backup support, and a firm grasp on the standards they themselves have established, have been shown to produce favourable outcomes and to reduce the occurrence of depressing indicators in children. If a parent has a significant impact on their child's mental health, then the child will have a higher level of both aggressiveness and anxiousness (Hernández-Alava & Popli, 2017).

The foundation for early growth in children's attitudes is a healthy relationship between the child and their parent, as well as the environment in which the child's development takes place. The manner in which parents interact with their children is a crucial component of the surrounding environment because it determines the kind of emotional climate that exists inside the family unit (Zarra-Nezhad et al, 2015). Interactions between parents and children are extremely important to the development of children's social and emotional skills in their early years. Parents have an effect, both directly and indirectly, on their children's social and emotional development, particularly through the child's genetics and the relationships they have with other people (Zarra-Nezhad, 2016). One hypothesis proposes that the relationship between children and their parents, as well as the interaction between the two, helps to maintain and order the child's attitudes and behaviours, in addition to their psychological functioning (Goodnow & Collins, 1990).

The various parenting styles are one of the aspects of families that is most frequently investigated. Previous studies have concentrated on the connections between parents having jobs and children's inability to adjust to their presence. It was hypothesised that a child's social and emotional development, as well as their behavioural patterns, are significantly influenced by the parenting style of the child's parents. There is a school of thought that suggests that parenting styles are indicative of common figures of child rearing and that they are adorned with the particular talent or competence and feedback of parents (Coplan et al., 2002; Kang & Moore, 2011).

It is generally agreed that the mentality of the parents is the single most essential factor in a child's development and achievements. When we examine the relationships between the authoritative parenting styles and childhood experiences of parents and their financial position, we come to the realisation that it plays an essential role in the transmission of good parenting from one generation to the next (Violato et al., 2011). Cobb-Clark et al. (2019) indicated that a parent's financial situation has a significant impact on how they parent their children. According to a number of studies, parents who have a healthy financial standing are more likely to rely on monetary incentives than on physical punishments in order to shape their children's behaviour. It has been demonstrated that the priorities of parents and their socio-economic situation influence the manner in which they raise their children (Zhang & Ikeda, 2017).

MATERIALS AND METHODS

In order to get the intended results in the current investigation, the researcher used triangulation, often known as a research design of the mixed-method approach. The researcher relied on a questionnaire and an interview guide to collect data. The city of Rawalpindi served as the focus of the investigation at hand. The parents and children who called Rawalpindi their home were included in the study's population. The sample was chosen using a method known as purposive sampling. A sample of 112 people participated in the survey. 56 of them were parents, and 56 children were chosen. A preliminary test was carried out in order to verify the reliability of the questionnaire in advance of the actual data collecting. Following the completion of the preliminary tests, a few adjustments were made in order to increase the quality of the job. In the present study, the parents and children in the age range of 13 to 18 years old served as the unit of analysis. In the current research, the region of study consisted of schools and residential areas in

Rawalpindi. Fieldwork is the area required for the collecting of data. A work plan to visit those regions was developed by the researcher.

RESULTS AND DISCUSSION

Table 1: Respondents' Views about Their Love for Parents

	Frequency (N)	Percentage (%)
Yes	56	100.0

Table 1 demonstrates that each of the 56 respondents, or 100% of the total, stated that they have affection for their parents. According to the outcomes of the research, the children were satisfied with the affection and attention that was shown to them by their parents. This meant that every child had a profound love for his or her parents, and they were all content with this aspect of their lives. Children who were brought up in households with parents who exercised authoritarian parenting styles reported higher levels of life satisfaction as adults, which the researchers attributed to the love and support that they received from their parents (Suldo & Huebner, 2004).

Table 2: Respondents' Opinion about Their Parents Having Conflict

	Frequency (N)	Percentage (%)
Yes	17	30.4
No	39	69.6
Total	56	100.0

Table 2 reveals that 17 respondents (which is equal to 30.4% of the total) stated yes, their parents have conflict with each other, while 39 respondents (which is equal to 69.6% of the total) said that their parents do not have any problem with each other.

According to the findings of the research, children whose parents exercised authoritative parenting styles were involved in less conflict with their parents. Prior research findings were consistent with those of the researchers, since it was also determined that such parents had fewer disagreements with one another (Park et al. 2020).

The follow-up question asked respondents how they feel when their parents yell at them. The majority of respondents stated that they experience feelings of extreme melancholy and fear at that time, in addition to a heightened sense of humiliation. Only a few of the respondents admitted that they experience feelings of inferiority, shame, and embarrassment on a more regular basis. One of the respondents stated that at those times, he experiences feelings of depression; another stated that at that time; and a third stated that in response, he also yells.

Table 3: Respondents' Views about Their Parents Appreciating Them

	Frequency (N)	Percentage (%)
Yes	51	91.1
No	5	8.9
Total	56	100.0

According to Table 3, 51 of the respondents (or 91% of the total) stated that their parents appreciate them, whereas just 5 of the respondents (or 8.9% of the total) stated that their parents do not appreciate them. On top of that, respondents were questioned about how they feel about themselves when they are acknowledged as well as when they are not appreciated. Few respondents said they feel dejected and discouraged when they are not being appreciated, in contrast to the many who said they feel pleased and superior at that time when they are being appreciated.

Table 4: Respondents' Views of their Children's Misbehavior with Them or Anybody else in the Family

	Frequency (N)	Percentage (%)
Yes	9	16.1
No	47	83.9
Total	56	100.0

9 respondents (16.1%) replied yes, and 47 respondents (83.9%) said no, indicating that their children do not misbehave with them or anybody else in the family. This information is presented in Table 4. The researcher concentrated their attention on the authoritative parenting style and how children develop in terms of their conduct. She came to the conclusion that authoritative parenting has a good effect on the behavior of children. Past studies have shown that children's chemistry and their attitude towards others are significantly impacted when parents exercise authoritative parenting (Lee et al. 2010).

CONCLUSION

Children are profoundly impacted by the parenting methods of their parents. They are significantly impacted if authoritarian parenting practices are used in their home. If children are given the essentials of life and are treated with confidence and trust by their parents, they have the potential to grow up to be productive and helpful members of society. The level of self-assurance and bravery possessed by children whose families have a decent financial background is significantly higher in comparison to that of children whose families have a medium or low financial standing.

The majority of parents who spent meaningful time with their children had forward-thinking and productive children. Children's psychology is negatively impacted when their parents argue and fight in front of their children. These youngsters picked up favorable attitudes from their parents since their parents had a pleasant temperament and interacted well with the other members of the community.

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