

ROLE OF PARENTS TOWARDS THE BEHAVIOURAL CHANGES OF THE STUDENTS IN THE HIGHER EDUCATIONAL INSTITUTIONS

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ABSTRACT

Today's children are the biggest asset for our nation who are regarded as tomorrow's citizen. Here parents play a pivotal role to mould the character of their children to be a good citizen. Children especially in the adolescence period experiences lots of pressure like sadness, fear etc. in their lives, due to several behavioural and sociological factors, adolescence children may feel more insecure especially if their parents do not give them enough support, attention, and time. These factors may cause behavioural problems in adolescence children. In this article different types of behavioural changes in adolescence period and their causes are discussed briefly and the role of parents in their children's life to modify their disruptive behaviour have discussed.

Keywords: Adolescence period, Behavioural Problems, Role of Parents.

Introduction

Behavioural changes among the children is a common phenomenon. During the process of transition from one stage to another one has to face different challenges for which one's behaviour can change. There may have moments when a child may not behave properly. They may occasionally become aggressive or show destructive behaviour, but there is nothing wrong. But if a child continues to behave negatively, repeatedly being disobedient or aggressive, takes substance etc, then it can be regarded as a behavioural changes. Behavioural change is a great problem for the parents, teachers, administrator or the person dealing with them. As the children of adolescence period do not understand well which is good and which bad, so sometime they involve themselves in some aggressive and rebellious activities from which their future is destroyed and they started to change their behaviour. This changes are more remarkable among the teenagers and the college going young adults.

It is important to recognize the changes in behaviour, particularly among the college students. Recognition of the sudden change in behaviour is very important, as these are often the only clue to save the college going students to have major behavioural changes which is detrimental to family as well as the society.

Some Case Studies

Case 1.

Stapana Das (age 22) , a student of B.Sc. in a city college committed suicide ,keeping a note "Ma I could not fulfill your dream. Please you and Baba forgive me."

Case 2.

Rohit, after passing H.S, Examination could not qualify himself to get a seat in MBBS / BE courses . Hence took admission in a city college and at the same time get admitted in a city based institute namely "Aakash Institutes" for taking coaching for AIJEE. But one day he caught red handed for snatching a

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golden chain in the year 2011 ,5th June. Later he confessed that due to peer pressure he did that.

Case 3

Suman, a B.A. student have sexual relationship with one of his girl friend . When scolded by his father, he went away from home at night with her girl friend and jumped from a terrace and both of them was badly injured.

Case 4.

Raghu and Apu, studying Science in a college become addicted to drugs and ultimately they were sent to a rehabilitation centre in Siliguri (North Bengal.) These cases are some of the examples, but practically many student are involved in such type of activities now a days.

Why Behaviour Changes Become an Issue

Most of the college going students, now a days are behaving in a peculiar ways. They are gradually becoming intolerant, aggressive, lack moral values, act indifferently, breaking the rule of the society. Many of them are also indulging themselves in many types of antisocial behaviour like stealing, taking alcohol, drugs, cigarettes tobacco, having sexual intercourses with many partners. Many parents also viewed that their college going students are becoming too much emotional, sentimental self centered as well as very selfish. Parents sometimes fear their own child as the activities of their college going children make them to feel embarrassed or ashamed. Parents sometimes feel helpless to manage them.

Major Types of Behaviour Changes

- **Substance use related behavioural changes:**

This period is very crucial for every children's life when a lot of physical, psychological, emotional and behavioural changes takes place. In this period children get highly influenced by various internal and external factors. Under the influence of these factors, they start associating with different people in the society and they start using narcotics to remove their stress. Sometime children at this period are pressured by their friends and fall victim of having these drugs to relieve the pain in their lives. These drugs give temporary feeling of happiness to people and children get addicted to these drugs for this temporary feeling of euphoria. In this way, overuse of drug causes their body to get used to it and as a result marked behaviour changes like absenteeism, poor academic performances vandalism, accident due to speed driving sexual assault, rape fighting indulgences in crimes are noticed.

- **Eating disorder related behavioural changes:**

College going students are very much concerned about their beauty and slimness They want to look good and accepted by their peers. As a result they often go for dieting, fasting doing rigorous exercises without concerning about nutrition and health aspects. Gradually they develop eating disorder. As a result they develop insecurities about their own bodies based on the unrealistic images of celebrities and models that are portrayed in media. They loss weight, suffers from fatigue, muscle weakness, headache fainting spells become obsessive with their body, develop depression, irritability mood swing and perfectionist attitude. It interfere with normal activities and can permanently affect their health. Eating disorder related behavior is a serious clinical problems which requires professional treatment.

- **Technology related behaviour changes:**

Due to tremendous technological development as well as the academic pressure, the college going students are not able to cope with the modern life styles. Due to addiction to internet, TV Movies etc They are adopting different disruptive behaviour like stealing, lying, cheating fighting demanding money, kidnapping sex related activities and many others. According to the study of International Centre for Media and the Public Agenda almost 75% of the children are spending half of their time in using the technology. The study also showed that students who were not allowed to use technology for 24 hours felt very lonely and did not know how to use that leisure time. As children these days spend most of their time using technology, they don't want to talk to their parents and relatives and as a result they start losing relationship with their near ones. Due to excessive use of technology in children, laziness, obesity etc. are increasing in them and as a result various diseases are being created in their body. For using too much technology some children are becoming victims of cyber bullying because now a days children are uploading pictures, short stories etc. on social media and different people are posting their bad comments on them and as a result children are committing suicide due to their self-esteem being hurt.

- **Psychological disorder related behaviour changes:**

Research studies reveals that many college going students are suffering from different types of psychological disorder. This disorder includes depression, anxiety Schizophrenia and bipolar disorder which are not diagnosed earlier. This illness range from mild and chronic, short lived or severe. This types of disorder are also an important causes for behavioural problems. In a survey it is found that 1 in 20 teenagers suffer from mood disorder and about 1 in 4 may experience it in late adolescence. It includes bipolar disorder, premenstrual dysphoric disorder, adjustment disorder with depressed mood etc. This disorder is mostly seen in female adolescents. Even though there are no symptoms in teenagers with mood disorder, they are more irritable than adults and as a result they start consuming alcohol and drugs and sometimes have suicidal thoughts. College going students or adolescents are sometimes diagnosed with ADHD, which is characterized by lack of attention, distraction and emotional immaturity. Behavioural difficulties and learning difficulties may occur in this period. High risk taking and risky sexual behaviour is seen in ADHD child. Sometimes this children may suffer from Somatization disorder which may cause changes in their behaviour. This disorder is more common in female than male and occurs after puberty. The females suffering from such disease pretend to be pregnant without any valid test to influence others. So, extreme changes in behaviour can be seen in adolescents due to these psychological disorders.

Major Causes Of Behavioural Changes

- **Personal causes:**

We know that the home environment is the first school for every children from which they can learn the basic things and for that reason the home environment should be satisfactory but in some cases we see that there is constant quarrel between parents and that quarrel creates a chaotic environment in the house and that turbulent environment affects the children and in some family the parents stated to differentiate among their children and when children do not get the proper attention of their parents, they start to feel very lonely and then they involve themselves in various anti-social activities like they start drinking alcohol, start watching bad movies with friends and start fighting with others for no reason etc.

Sometimes it is seen that the parents engage their children in some professions to fulfil their own dreams in which their children have no ability, and in that situation children cannot adopt themselves to that occupation and begin to suffer from adjustment problem and inferiority complex and then they get involved in various anti-social activities to keep their mental state calm like they started to take drugs, consume alcohol and engaging them in sexual activities etc. which will automatically change their behaviour.

- **Environmental causes:**

Adolescence children try to make friends with different types of people and as a result they make friends with some boys and girls which lead to some bad habits like smoking cigarettes, drinking alcohol, discussing bad things, watching bad pictures etc. and which lead to make them aggressive and intolerant.

- **Physical causes:**

Adolescent children experience various physical changes such as menstrual changes in girls and hormonal changes in both boys and girls which leads to develop some emotions in them such as shyness, fear, confusion etc. and at this time they start to getting attracted to other gender.

- **Academic causes:**

Sometimes the teachers are very biased in the classroom and love some students very much and don't want to give their attention to some students and as a result those deprived students creates frustration within themselves and as a result they involve themselves in some anti-social activities. In some schools or colleges there is unhealthy competition among children in which children try to win by choosing some bad ways to see themselves as winners and in such situation also we can observe behavioural changes among the children.

- **Psychological causes:**

During this time mood swings are seen in children and due to which they are attracted to different things and cannot fix their mind on one thing and at this time the boys and girls are

seen to be selfish and a suspiciousness begins to arise between them and for all these reason we can observe behaviour changes among the students.

Role of Parents Towards Behavioural Changes

College is a transitional period when students are often placed in a new environment where they have to face different challenges. Parents of this young adult sometimes become confused about their role as the students become young adult and don't want to hear opinion from their parents. As the students reach the stage of adulthood, hence the parents are generally unprepared and also feel uncomfortable with their roles. Parental role must change in this stage, but their role is still important and it can be memorable and meaningful. Little bit of involvement of the parents is essential as the students of this stage may not be emotionally, psychologically and socially matured enough to face the challenges of the new environment.

As an Observer:

Parents should try to find out what types of academic personal or social problems their children are facing in new environment of the college as a good observer . As college offers so many potentials like friends, drink and having fun party ,so the students may feel temptations to have all this Parents must observe their behaviour changes in this regard and must have loving communication and wise counselling with their children to help them to resist temptation and to avoid risky and destructive behaviour. Parents should try to get involve with their children. They should try to take part and watch their all movements. Parents who obtained a high degree of control during their school days should observe whether their children are adjusted or not with the challenges of the new environment. They should keep little bit control over them and help them gradually to become independent. In this period a students may make many mistakes in different aspects . Parents should try to find out what mistake they are doing and allow them to some extent to make such mistakes . As it is a way of learning hence they can help them to make sense of these experience . They can help them to learn how to avoid this mistakes in future without criticizing them. Parents should observe carefully whether their children are taking substances or not and try to find what may be the reason for that. In such case parents should deal with them empathetically without arguing . Parents should observe the need of their students They should arrange necessary service for their young children having learning disability , mental illness or physical illness. In this period a students may make many mistakes in different aspects . Parents should try to find out what mistake they are doing and allow them to some extent to make such mistakes . As it is a way of learning hence they can help them to make sense of these experience . They can help them to learn how to avoid this mistakes in future without criticizing them. Parents should observe carefully whether their children are taking substances or not and try to find what may be the reason for that . In such case parents should deal with them empathetically without arguing . Parents should observe the need of their students They should arrange necessary service for their young children having learning disability , mental illness or physical illness. Parents should observe whether their children have developed eating disorder or not . In such case parents can help them in developing a good eating habit by building their self esteem and encouraging healthy attitudes about nutrition and appearance.

As A Diplomatic Advisor

Parents should be a good advisor. They should learn the delicate art of diplomacy as the young students don't want to hear opinion on every aspects from others . Before advising , parents should realize that - The young college going students require more privacy in certain areas of life and hence they have to develop 'adult to adult' aspect of parent child relationship. they should not allow them to have extreme freedom. they have to deal with them with love and affection without arguing and scolding. their children need cooperation encouragement and sympathy to adjust themselves with the new challenges they face in every moment in the new environment.

As A Stage Setter

Parents should set the stage for the college going students in such a way so that they can pass the most crucial period of their college life smoothly .For this parents should---- Try to find out the special abilities or interest hobbies of their children which have been neglected so far and try to engage the young adults in those activities They should engage them in the household activities like marketing ,managing finance taking part in the family related discussion and also make comments . They can redirect their time and energy previously focused on academic activities ,to their old hobbies interest and leisure time activities to engage them in their free time. Parents should act as a friend and try to help them in taking more complex adult decision like facing sexual and alcohol related temptation.

As a Friend Philosopher and Guide:

As a friend philosopher and guide, parents should help their children to develop some psycho social skills such as problem solving, critical thinking, self-awareness, interpersonal skill to enhance self-esteem, sociability and tolerance and thereby help them to deal with the challenges and demands of new college environment.

Parents Should Try to Communicate with their Child:

Now-a-days parents do not feel the need to give time to their children because they are busy in their own work and therefore the children feel very lonely and then they started to engage themselves in different types of activities which may be very dangerous and which may destroy their whole life. So no matter how busy parents are, they need to talk to their children then only they may be able to know the feelings and hidden desire of their children.

Children Need to be Praised for their Work:

Children's behaviour is worse when we always try to find fault in them. If we always scold them and always try to see fault in them, a negative feeling born in them and then they try to indulge them in different types of bad habits. So to keep children away from these things, instead of seeing what is bad in them, we should see what is good in them and we should praise it.

Parents should try to Build Stability and Maturity in their Children:

Parents these days should always keep an eye on their children and not only stress on the children to be confident and be successful in life but also teach every child about what values are, why values are needed in our life and how can we acquire values should be taught by parents. Every parent should train their children to become mature because a fully matured person may take every decision of life very well. Sometimes it is also seen that even after getting a lot of success in life, children because of lack of maturity they may take dangerous decision under the pressure of their environment. So every man should be mature enough to enjoy this success. So every parents should teach their children yoga and meditation as much as possible so that they can keep their mind steady and may take every decision in life very well. Parents should teach their children how to reduce anger and for this reason children should be taught counting number technique to reduce anger.

Parents Should Train their Children to be Physically Fit:

If a person want to be energetic then he has to be physically fit. Sometimes it is seen that even if some people have the ability, they cannot succeed in any work due to their physical weakness. That is why parents should train their children to be physically healthy from a very young age. For that parents should be physically active as far as possible in all activities which will automatically make their children to feel energetic. So parents have to get up every morning and go for morning walk. If parents start doing their activities with a proper routine, then their children will also be very encouraged and will try to do any work on time.

Parents should not Compare their Child with Others:

No two people in the world are alike. They may be physically, mentally, emotionally or socially different. Sometimes it is seen that two children from same socio-economic background are different. But most of the times it is seen that parents start comparing their children with other children even after being aware of this matter. When parents see that other kids are good at studies, music and also in other activities then they start comparison. But when parents always compare children with others, it has a negative effect on children and then children cannot concentrate well in any work and then they start to adopt bad habits because they think that no matter how well they do, parents will not appreciate them. So parents should praise their children as much as possible to encourage them and to remove this negative feeling from their mind.

Parents should Encourage their Children to Participate in Family Decision:

Parents often do not allow their children to take decisions because they think that the children may take wrong decision. Therefore, an anger may take place in the minds of the children and from that they may change their behaviour. So as much as possible the parents should allow their children to take their own decision and in that case they should act as a facilitator because if the children will take any wrong decision they can prevent it. If the children are allowed to take their own decisions, then the children will understand their responsibilities and duties and gradually they will learn to take very good decisions on their own.

Parents Should Create A Situation of Open Communication in Family:

Sometimes the children are in such embarrassing situations but still they don't want to share their feelings with their parents at home because they think that their parents might consider them very bad if they share these things or their parents will not understand their feelings and since they can't open up about their feelings with anyone, they start thinking about these things very deeply and without realizing it they sometimes take very terrible decisions, the results of which may be very dangerous. So parents should have a friendly relationship with children as much as possible and should talk with children very openly so that parents can understand their inner feelings very well and may save them from making terrible decisions.

Parents should Create Congenial Home Environment:

Parents should try to create a very congenial environment at home in which the children may feel stable and safe. There should be honesty, love, respect and mutual trust between the family members. There should be positive attitude in the family members towards their children because many times it is seen that constant misbehaviour with the children creates anger in them and as a result they indulge in various anti-social activities. So parents should pay attention to the fact that children are not misbehaved unnecessarily and should be very careful with them.

Parents should be a Role Model for their Children:

Parents should try as much as possible so that they can be a good example for their children. Often children try to be like their parents and try to imitate what their parents are doing at every moment. If the children do not have congenial environment in the house, such as if they see constant discord between their parents and if there is no respect among the family members, then a negative attitude may be created in the children, from which they may started to change their behaviour. For that, parents should create a peaceful environment in the house as much as possible and have a very respectful and loving relationship between themselves so that the children can learn from them.

Conclusion

Nothing is gratifying to a parent than to see a child become mature adult, well adjusted, well educated, well balanced, who can make their own independent decision in all the aspects of their life and can able to discriminate between right and wrong. But children sometimes involve themselves in some anti-social activities in their life that there is no one to guide them and at that time they start to change their behaviour which may destroy their whole life. So, parents have to know as much as possible their children's likes and dislikes and parents should talk with their children and they should give their children a chance to share everything with them because when they will share their words with their parents, all the secrets inside them will come out and if there is any mistake in it, the parents will solve it according to their decision. Hence parents should take utmost care so to make their college going students emotionally, psychologically, and socially matured.

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