

CHILD REARING PRACTICES IN INDIA

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ABSTRACT

Child rearing practices affect child's emotional, psychosocial and psychomotor development. Children living in poverty and malnourishment will have poor psychosocial development in the first many times of life. They were unfit to profit completely from education and generally fail to achieve satisfactory situations of education and latterly have poor employment openings. This has counter accusations for both the existent, public and profitable fronts. Positive and good child rearing practices insure the proper growth and development of the child. It decreases the threat of mortality and morbidity in the child and it prevents suppressing and underweight. Discipline helps to develop and lodge desirable social habits in children and foster sound morals, so the child will develop and maintain self-discipline. Thus, to understand the living practices and measure this was of at most important. But a culturally applicable, validated and comprehensive tool to measure the being child rearing practices wasn't available. Consequently a suitable tool was developed and validated so that this scale could be used for the said purpose. In future also others who intend to measure the child rearing practices could use this tool. We used this tool to measure the frequency of positive child rearing practices. There was no empirical evidence to say that one particular type of child rearing is the stylish way to do this. Each parent would do this according to his/ her belief, environment, culture and his fiscal conditions, assuming that his/ her practices would be ideal. But this affects the child in the below said ways. There were several factors associated with positive child rearing practices which were to be assessed so that we could find out predictors of child rearing practices and this could be used for future prognostications and plan for interventions to control the negative predictors and to promote the positive predictors. For this purpose, we had to make a penurious model with no confounding or co linearity of the predictors. We tried to make such a model also. These are the reasons which justify the present exploration.

Keywords: Moral, Rearing, Child, Financial, Fear, Comprehensive, Mental, Growth, Malnutrition, Child.

Introduction

Poor diet, frequent illness and inadequate or inattentive care of youthful children can lead to malnutrition. However, the child's physical and internal growth and development may be broken, If a child is glutted. This cannot be made up. When the child is aged it'll affect the child for the rest of his/ her life. Further than half of all child deaths are associated with malnutrition. Children have the right to nutritional food and introductory health care to cover them from illness and promote growth and development. Malnutrition increases the threat of mortality and morbidity and reduced cognition and profitable productivity, transgenerational goods performing in small babies accompanied by rapid weight gain with habitual conditions similar as high blood pressure, metabolic and cardiovascular diseases. Poor care was associated with significantly advanced frequency of suppressed and light children. In inadequately

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educated and traditional populations, parents tend to give un-stimulating environment. Their child rearing practices affect the cognitive and language development of their children. Good child rearing practices help to stimulate child's mind, body and social relations. It helps the child to enjoy the beauty of the world, explore the adventures and face the challenges in majority. It also promotes child's cognitive, physical, language, social and emotional development. Rapid internal growth occurs during immaturity and early minor and that a child's early times are critical for forming and developing intelligence, personality and social behaviour.

Need of Child Rearing Practices

By positive and good child rearing practices we could insure the proper growth and development of the child. It decreases the threat of mortality and morbidity in the child and it prevents suppressing and light. Proper immunization prevents the children from vaccine preventable conditions. Discipline helps to develop and lodge desirable social habits in children and foster sound morals so the child will develop and maintain self-discipline. Child rearing practices differ from one parent to another. Different child rearing practices lead to different child rearing. The present study focuses on the child rearing practices being in the community representing various groups of people and the factors associated with these practices. There was no empirical evidence about the patterns of child rearing practices followed in our community, variations there in and factors impacting the practices of child rearing. Identification of these factors would help in chancing out doable and possible interventions and thereby promoting positive practices laying the foundation for a healthy minor and majority. Malnutrition increases the threat of mortality and morbidity and reduced cognition and profitable productivity, trans-generational goods performing in small babies accompanied by rapid weight gain with habitual conditions similar as high blood pressure, metabolic and cardiovascular diseases. Thus, there's sufficient reason to both help and meetly manage malnutrition in early minor if both the short- and long-term consequences are to be avoided. The growth and nutritive issues of children is dependent on a complex relationship between the natural characteristics of the child and the capability of the mother in furnishing child care. Healthy, adaptable children may grow well and thrive indeed in the absence of good care, while extremely good care is needed for the lowest and weakest children. Child development is multidimensional as social and environmental conditions can circumscribe child's development. However, he cannot develop in motor skills, as he's not exploring, If the child doesn't have the occasion to play and interact with other people around him. This farther affects his cognitive development. Lack of primary health care similar as vaccines clean and safe water or presence of complaint can hamper the development. The development is multi-determined, as genes, which a child inherits from the parents, play a veritably big part in determining the functions of the body and mind. A child can have some disabilities or disfigurement, presto or delayed development, simply from inheritable reasons. The child's body and brain depend on micro/ macro nutrients for performing and growth. Malnutrition or poor nutritive status can beget a experimental detention or impairment. Artistic practices, child rearing, family liabilities and precedence's can determine the good of the child.

Role of Child Rearing Practices in Child Development

Positive and good child rearing practices will help in the child's emotional, psychosocial and psychomotor development. Because of poverty and malnourishment, large figures of children had poor psychosocial development in the first many times of life and thus when they reach academy, they were unfit to profit completely from education and generally failed to achieve satisfactory situations of education and latterly had poor employment openings. This had counter accusations for both the individual and public development. Poor child rearing practices would affect the cognitive and language development of the children. As a part of positive child rearing practices, children had to get early stimulating environment for his/ her development. Poor care was associated significantly with advanced frequency of suppressed and light children. Because of malnourishment the child's physical and internal growth and development might be broken. This couldn't be made up when the child was aged and it would affect the child for the rest of his/ her life. Promoting the child's overall development would ameliorate the self- regard and general capability of the parents also. Utmost rapid internal growth would do during immaturity and early minor and that a child's early times were critical for forming and developing intelligence, personality and social behaviour. The first many times were important to form a base for good education, morality, self-discipline and social integration. By age 4, half of the child's adult intelligence had been formed. By age of 6 times, the child would have started his/ her formal academy life. Thus, the child rearing practices of the children over to 6 times be of primary significance and to understand and measure these were inversely important.

Factors and Factors Impacting Child Rearing Practices

Changes and diversities in socio-artistic issues and poverty affect child rearing practices. Factors affecting child rearing practices include ignorance of the conception of child development, mindfulness of the maters regarding the mileposts and essential factors to facilitate the development of child, mindfulness of the maters about the introductory principles of growth and development also affects child rearing practices. The place of hearths self of the parents of the indicator child, connubial harmony between parents of the indicator child, mate responsibility of the hubby in child rearing, habitual illness of the child, education of the father and mother, number of children in the family, religion of the mother and drunkenness of father were supposed to be the factors impacting the child rearing practices. Various factors which impact the child rearing practices includes following factors

- **Food & Nutrition:** Poor diet, frequent illness, and inadequate or inattentive care of youthful children can lead to malnutrition. However, the child's physical and internal growth and development may be broken, if a child is glutted during the first 2 times of life. This cannot be made up. When the child is aged it will affect the child for the rest of his/ her life. Further than half of all child deaths are associated with malnutrition, which weakens the body's resistance to illness. Children have the right to a caring, defensive environment and to nutritional food and introductory health care to cover them from illness and promote growth and development. In immaturity Health and Nutrition education is being taken up to encourage colostrums feeding, exclusive bone feeding for the first six months and the preface of reciprocal feeding later. Exclusive bone feeding of the first six months of life would be veritably important served to the child because it's the ideal system of child feeding, it's the single most cost-effective intervention for reduction of child mortality, and it detainments return to fertility in the mother and hence acts as a natural contraceptive.
- **Growth & Development:** has been defined as growth and increase in body size, internal capacity, understanding and accession of new skills. The development occurs in series and at different stages one after the other. This needs stimulation. Stimulation is variety of openings which a child can get to witness, explore and play with effects around him her. It involves body movement and touching. Heavy society has different child rearing practices used to facilitate child development. The practices depend on societies, beliefs and socio- profitable as well as environmental factors. These different factors impact child development as societies at the same time have different comprehensions and prospects on child development. Child Development is a process whereby one stage builds on the former bone. Thus, one has to observe child development from the stage of immaturity onwards. Research results indicate that utmost rapid internal growth occurs during immaturity and early minor and that a child's early times are critical for forming and developing intelligence, personality and social behaviour.
- **Hygiene & Toilet Training:** The right age for restroom training is before one times because the child's nervous system develops at this age and the control on bladder and bowel is better. Hygiene plays an important part in the health of a child which in turn stimulates the physical, internal and motor developments. A child with good particular hygiene and good will have a life course which is free of complaint. He she will have a good resistance of the body which prevents him/ her from all conditions. Parents Caregivers of children with good health will have further confidence and self regard position than those matters with complaint children. Every parent/ caregiver should insure to clean and brush the teeth of their children daily morning and evening and the morning teeth brushing should be before any food. Also, the children should be given every day bath at least bones a day. Children should be dressed with neat and tidy dresses to avoid conditions. Before any meals, the hand and mouth should be washed duly with pure water. Scabies is a common complaint contracted to children because of poor particular hygiene. To avoid this, the children should have good particular hygiene always. Restroom training should be given to the child before the age of 3 Times. After each use of restroom, the hands of the child should be washed with cleaner and pure water. The child should be encouraged to defecate in toilets and the parents' caregivers should ensure that the child use chappals in toilets.
- **Health Care & Seeking:** Sick child visits to croakers, immunization and importing sessions and home visits by community health workers will ameliorate child feeding practices for better nutrition and care and thereby health. Preventative health seeking behaviour is one of the disciplines of a compound child care indicator. Whenever the child is ill, he she should be

incontinently taken to a health installation and should be treated meetly. In this aspect the parent/ caregiver available shouldn't stay for hearing from the partner of the parent. The growth eventuality should be covered according to the WHO standard using growth map. Parent/ caregiver should ensure the completion of the applicable immunization schedules and the important mileposts of growth and developments are to be checked. Vital functions of the child have to be checked periodically and have to be kept complete. The child has to be checked for his/ her hail capabilities and vision problems, if any of these functions are imperfect, this will affect the child's academy life and thereby his/ her future. This also will affect his productive adolescent and after majority life.

- **Discipline:** In a word child discipline is training. Every parent has the duty to train and educate their children applicable behaviour and conduct. Parents must invest their time and tolerance in training their children, displaying lots of love and modeling exemplary actions for their children to glass. Child discipline is the set of rules, prices and corrections administered to educate self-control, increases desirable actions and decreases undesirable actions in children. In its most general sense, discipline refers to methodical instruction given to a convert. To punish therefore means to instruct a person to follow a particular law of conduct. While the purpose of child discipline is to develop and lodge desirable social habits in children, the ultimate thing is to foster sound judgment and morals so the child will develop and maintain self-discipline throughout the rest of his/ her life. Child discipline is a content that draws from a wide range of interested fields, similar as parents, and the professional practice of behaviour analysis, experimental psychology, social work and various religious perspectives. Because the values, beliefs, education, customs and societies of people vary so extensively, along with the age and disposition of the child, styles of child discipline vary extensively. Ways in training also play an important part in parent child connections as well as personality development. Indian maters espoused permissive and popular styles of training while maters from other countries espoused authoritative practices. Parents of youthful children feel a keen obligation to maintain acceptable control over their child's behaviour.

Conclusion

There was no significant difference in average child rearing practices scores between different situations of education of father. In child rearing practices, much of the benefactions were from mother and that may be the reason why father's education wasn't significantly associated with the child rearing practices scores. There was significant association between child rearing practices and different situations of education of mother. Mother would always be with the child in various conditioning of child rearing and helping and guiding in furnishing stimulating environment, in discipline, in tutoring moral assignments and moralities, in furnishing proper food, in restroom training, in maintaining good hygiene, in seeking health care for conservation of good health which bow absolutely necessary for the growth and development of the child. For all these aspects, the education of the mother could contribute veritably much. The average CRP scores for children of widowed women wasn't making a significant difference. High religiosity would give strong mindset with positive thinking and that would help in rearing the children appreciatively. That may be the reason why women with high religiosity handed better child rearing practice, and thereby better childrearing scores. The maters were getting a lot of information on child rearing from the anganwadi and other seminaries because these institutions were conducting numerous mindfulness classes and addresses to the maters with a view to ameliorate the knowledge of the maters in child rearing aspects and this was included in the public programme of reproductive and child health. That may be the reason why the mass media exposure wasn't associated with the child rearing practices scores because the maters were getting knowledge on child rearing from other sources.

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