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YD Haritha

Department of Human,
Development and Family
Studies, College of Community
Science, Acharya N.G. Ranga
Agricultural University,
Hyderabad, Telangana, India

Dr. Bilquis

Department of Human,
Development and Family
Studies, College of Community
Science, Acharya N.G. Ranga
Agricultural University,
Hyderabad, Telangana, India

Satisfaction of parental role performance in urban areas

YD Haritha and Dr. Bilquis

Abstract

Parenting is the process of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood. Parenting refers to the intricacies of raising a child and not exclusively for a biological relationship. The most common caretaker in parenting is the father or mother, or both, biological parent(s) of the child. Family life is changing, and so, too, is the role mothers and fathers play at work and at home. Women's role in the community and at home have been changing rapidly. Traditionally, men and women had well-defined roles without much overlapping or trespassing. Mostly women were confined to home playing their roles as mother and care-taker. But women's rights, education, and gender equality has changed the scenario. Pursuance of quality life, better living standard, cost of living has compelled women to become economic contributors of the home. However, in urban families especially where both parents are working, egalitarian roles are being observed. In this context, a study is undertaken to study the satisfaction levels of urban parents in performing roles. The sample of 40 parents (20 mothers and 20 fathers) were interviewed using the developed schedule on their role performance. The results revealed that mother's role was high in spending sufficient time with the children, providing nourishment to the children, ensuring the psychological wellbeing of the children. Father's role was high in being dedicated parent financially, maintaining positive relationships with children in providing knowledge about society. Both parents (mother and father) were found to be equally involved in educating children with good morals and values.

Keywords: Satisfaction, role, parents

Introduction

"There are no bad children, just bad parents". The importance of Parents in one's life is quite evident from this eminent quotation. Parenthood is a responsible venture and there's no debate on that topic.

In this fast-paced era, it is quite difficult for parents to mark their presence in their children's life. Parents play a pivotal role in their children's life. They are the pillars of support, guidance, and love. Family is where life begins and love never ends. No matter how old a child gets there's nothing more comforting and soothing than their parent's arms.

The role of parents in a child's life is beyond the idea of prompting.

Parenting takes action long before a child's birth and eventually parents become their children's alter ego and vice-versa. There is nobody like them who can shape and mould a child's behavior and development.

So, parents should never seize to inspire and assist their children and thereby parents should strive to be the best teacher in their child's life. Maintaining a good Parent-Child relationship is the first step towards wise parenting. Right from the birth of their offspring, parents should be aware of the enormous reliability and accountability in their child's life.

Parenting or child rearing promotes and supports the physical, emotional, social and intellectual development of a child from infancy to adulthood. Parenting refers to the intricacies of raising a child and not exclusively for a biological relationship.

The most common caretaker in parenting is the father or mother, or both, the biological parents of the child in question. However, a surrogate may be an older sibling, a step-parent, a grandparent, a legal guardian, aunt, uncle, other family members, or a family friend. Governments and society may also have a role in child-rearing. In many cases, orphaned or abandoned children receive parental care from non-parent or non-blood relations. Others may be adopted, raised in foster care, or placed in an orphanage. Parenting skills vary and a parent or surrogate with good parenting skills may be referred to as a *good parent*.

Corresponding Author

YD Haritha

Department of Human,
Development and Family
Studies, College of Community
Science, Acharya N.G. Ranga
Agricultural University,
Hyderabad, Telangana, India

Parenting styles vary by historical period, race/ethnicity, social class, preference and a few other social features. Additionally, research supports that parental history, both in terms of attachments of varying quality and parental psychopathology, particularly in the wake of adverse experiences, can strongly influence parental sensitivity and child outcomes.

Social class, wealth, culture and income have a very strong impact on what methods of child rearing parents use. Cultural values play a major role in how a parent raises their child. However, parenting is always evolving, as times, cultural practices, social norms, and traditions change. Studies on these factors affecting parenting decisions have shown just that.

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 social class plays a large role in the opportunities and resources that will be available to a child. Working-class children often grow up at a disadvantage with the schooling, communities, and level of parental attention available compared to those from the middle-class or upper-class. Also, lower working-class families do not get the kind of networking that the middle and upper classes do through helpful family members, friends, and community individuals or groups as well as various professionals or experts.

Nine child-rearing tips that can help to feel more fulfilled as a parent.

1. Boosting child's self-esteem

Kids start developing their sense of self as babies when they see themselves through their parents' eyes. Your tone of voice, your body language, and your every expression are absorbed by your kids. The words and actions as a parent affect their developing self-esteem more than anything else.

Praising accomplishments, however small, will make them feel proud; letting kids do things independently will make them feel capable and strong. By contrast, belittling comments or comparing a child unfavorably with another will make kids feel worthless.

Avoid making loaded statements or using words as weapons. Comments like "What a stupid thing to do!" or "You act more like a baby than your little brother!" cause damage just as physical blows do.

Choose your words carefully and be compassionate. Let your kids know that everyone makes mistakes and that you still love them, even when you don't love their behavior.

2. Catch kids being good

Have you ever stopped to think about how many times you react negatively to your kids in a given day? You may find yourself criticizing far more often than complimenting. How would you feel about a boss who treated you with that much negative guidance, even if it was well intentioned?

The more effective approach is to catch kids doing something right: "You made your bed without being asked-that's terrific!" or "I was watching you play with your sister and you were very patient". These statements will do more to encourage good behavior over the long run than repeated scoldings.

Make a point of finding something to praise every day. Be generous with rewards-your love, hugs and compliments can work wonders and are often reward enough. Soon you will

find you are "growing" more of the behavior you would like to see.

3. Set limits and be consistent with discipline

Discipline is necessary in every household. The goal of discipline is to help kids choose acceptable behaviors and learn self-control. They may test the limits you establish for them, but they need those limits to grow into responsible adults.

Establishing house rules helps kids understand your expectations and develop self-control. Some rules might include: no TV until homework is done and no hitting, name-calling, or hurtful teasing allowed.

You might want to have a system in place: one warning, followed by consequences such as a "time out" or loss of privileges. A common mistake parents make is failure to follow through with the consequences. You can't discipline kids for talking back one day and ignore it the next. Being consistent teaches what you expect.

4. Make time for kids

It's often difficult for parents and kids to get together for a family meal, let alone spend quality time together. But there is probably nothing kids would like more. Get up 10 minutes earlier in the morning so you can eat breakfast with your child or leave the dishes in the sink and take a walk after dinner. Kids who aren't getting the attention they want from their parents often act out or misbehave because they're sure to be noticed that way.

Many parents find it rewarding to schedule together time with their kids. Create a "special night" each week to be together and let your kids help decide how to spend the time. Look for other ways to connect-put a note or something special in your kid's lunchbox.

Adolescents seem to need less undivided attention from their parents than younger kids. Because there are fewer windows of opportunity for parents and teens to get together, parents should do their best to be available when their teen does express a desire to talk or participate in family activities. Attending concerts, games and other events with your teen communicates caring and lets you get to know more about your child and his or her friends in important ways.

Don't feel guilty if you're a working parent. It is the many little things you do-making popcorn, playing cards, window shopping-that kids will remember.

5. Be a good role model

Young kids learn a lot about how to act by watching their parents. The younger they are, the more cues they take from you. Before you lash out or blow your top in front of your child, think about this: Is that how you want your child to behave when angry? Be aware that you're constantly being watched by your kids. Studies have shown that children who hit usually have a role model for aggression at home.

Model the traits you wish to see in your kids: respect, friendliness, honesty, kindness, tolerance. Exhibit unselfish behavior. Do things for other people without expecting a reward. Express thanks and offer compliments. Above all, treat your kids the way you expect other people to treat you.

6. Make communication a priority

You can't expect kids to do everything simply because you, as a parent, "say so." They want and deserve explanations as much as adults do. If we don't take time to explain, kids will

begin to wonder about our values and motives and whether they have any basis. Parents who reason with their kids allow them to understand and learn in a nonjudgmental way.

Make your expectations clear. If there is a problem, describe it, express your feelings, and invite your child to work on a solution with you. Be sure to include consequences. Make suggestions and offer choices. Be open to your child's suggestions as well. Negotiate. Kids who participate in decisions are more motivated to carry them out.

7. Be Flexible and willing to adjust parenting style

If you often feel "let down" by your child's behavior, perhaps you have unrealistic expectations. Parents who think in "shoulds" (for example, "My kid should be potty-trained by now") might find it helpful to read up on the matter or to talk to other parents or child development specialists.

Kids' environments have an effect on their behavior, so you might be able to change that behavior by changing the environment. If you find yourself constantly saying "no" to your 2-year-old, look for ways to alter your surroundings so that fewer things are off-limits. This will cause less frustration for both of you.

As your child changes, you'll gradually have to change your parenting style. Chances are, what works with your child now won't work as well in a year or two.

Teens tend to look less to their parents and more to their peers for role models. But continue to provide guidance, encouragement, and appropriate discipline while allowing your teen to earn more independence. And seize every available moment to make a connection!

8. Show that love is unconditional

As a parent, you're responsible for correcting and guiding your kids. But how you express your corrective guidance makes all the difference in how a child receives it.

When you have to confront your child, avoid blaming, criticizing, or fault-finding, which undermine self-esteem and can lead to resentment. Instead, strive to nurture and encourage, even when disciplining your kids. Make sure they know that although you want and expect better next time, your love is there no matter what.

9. Know the own needs and limitations as a parent

Face it-you are an imperfect parent. You have strengths and weaknesses as a family leader. Recognize your abilities-"I am loving and dedicated." Vow to work on your weaknesses-"I need to be more consistent with discipline". Try to have realistic expectations for yourself, your spouse and your kids. You don't have to have all the answers-be forgiving of yourself.

And try to make parenting a manageable job. Focus on the areas that need the most attention rather than trying to address everything all at once. Admit it when you're burned out. Take time out from parenting to do things that will make you happy as a person (or as a couple).

Focusing on your needs does not make you selfish. It simply means you care about your own well-being, which is another important value to model for your children.

Traditionally, men and women in a family shared different roles without much overlapping of roles-men were considered as breadwinners, providers of physical protection and were

mostly active outside the house; whereas, women played the role of caregivers, taking care of the family members, doing the household chores and mostly confined within the house. Mothers generally engage in personal care, companionship, moral and spiritual development of children. But now gender roles are changing.

Women's education, gender equality and equity measures have expanded the spheres of activity for women. Despite the changing gender roles, workingwomen, in reality, have to play at least two major roles, viz., the domestic role of homemaker at home and the employee role at the workplace.

A role is a socially acceptable model of behaviour; it is a set of rights and responsibilities which are related to certain positions within the group. A role is a dynamic aspect of a status. When a person executes his rights and obligations arising from his position, he or she accomplishes their role. Every role is assigned in the context of other roles, without them it is inconceivable". (Hargašová, 1991) ^[1] "A role model's behaviour is extremely important. It has its own characteristics. Within the family, the mother's role is specific, so as is the father's role and children's role.

They depend on the overall structure of personalities of the mother, father and child as well as on the quality of the outer environment". (Višňovský, 2007) ^[5] The father and the mother have two different roles. A child needs, for his fulfilled development, both parents, father and mother, to an equal extent. The children's upbringing is often assigned as a mother's task only. The father, as well as the mother, is required to participate in the same way but their roles cannot swap.

Each one of them has their own characteristics. "The father's behaviour towards the mother is an open book of life experiences for both, a son and a daughter. He is a source of their thoughts about men. A good father is an ideal for his daughter and an example for his son". (Štrbová, 2004) ^[3].

"A mother plays one of the most social roles and expressions of human towards human. This requires a lot of self-abandonment, generosity and kindness. That is the reason "mother" is the most beautiful word, the symbol of love and self-sacrifice. Children shall be thankful to their mother. She is not only a creator of new life but also helps to form future generations". (Rozinajová, 1990) ^[2]. Mother is a symbol of heart, love, tenderness and care.

Research method

It focused on parent's age group of 28 to 40. The main focus of the study was to study.

Satisfaction of parental role performance in urban areas.

Research Findings and Discussion

One of the indicators of women empowerment is women's economic independence and employment makes women economically independent-if not in full, at least to some extent. The results revealed that mother's role was high in spending sufficient time with the children, providing nourishing food to the children, ensuring the psychological wellbeing of the children. Father role was high in being dedicated parent financially, relationship with children in provision of knowledge about society. Both parents (mother and father) relationship in bringing up their children with good moral and behavior were almost same.

S. No.	Statements	Category	Mother (n=20)		Father (n=20)		Total (n=40)	
			F	%	F	%	F	%
1.	Quality time: Have sufficient time to spend with the children.	Yes	18	90	15	75	33	82
		No	2	10	5	25	7	18
2.	Nutrition: Providing nourishing food to the children.	Yes	19	95	17	85	36	90
		No	1	5	3	15	4	10
3.	Education on Mental well-being: Ensuring the psychological wellbeing of the children.	Yes	17	85	16	80	33	82
		No	3	15	4	20	7	18
4.	Financial discipline: Being dedicated parent financially.	Yes	15	75	19	95	34	85
		No	5	25	1	5	6	15
5.	Cognitive development: Relationship with children in provision of knowledge about society.	Yes	14	70	18	90	32	80
		No	6	30	2	10	8	20
6.	Socio-emotional development: Bringing up children with good moral and behaviour.	Yes	19	95	19	95	38	95
		No	1	5	1	5	2	5

Conclusion

The data collected with respect to understand the “Satisfaction of parental role performance in urban areas”. The results revealed that mother’s role was high in spending sufficient time with the children, providing nourishing food to the children, ensuring the psychological wellbeing of the children. Father role was high in being dedicated parent financially, relationship with children in provision of knowledge about society. Both parents (mother and father) relationship in bringing up their children with good moral and behavior were almost same.

Parents play a pivotal role in their children’s lives and each of their actions will solely depend upon the parenting techniques adopted by their parents. The future is the children and in order to ensure a better tomorrow, we have to train and shape our children with care and love.

So, it’s imperative that every parent decode their child’s peculiarities and assist them in their overall development and thereby contributing to a better tomorrow. When a child is happy, then parents are happy. Parents do almost all the things to make their child educated and well respected in society.

Whatever the situation or whatever is the problem that a child faces in life, parents should try and motivate and inspire them by their own examples to make a tough into good. Parents try to make the balance in their child’s emotional persistence that helps to improve tough situations faster.

The parent-child relationship is important because it lays the foundation for the child’s personality, life choices, and overall behavior. It can also affect the strength of their social, physical, mental, and emotional health. Children who have a healthy relationship with their parents are more likely to develop positive relationships with other people around them. They can establish secure bonds and friendships with peers. The healthy involvement of parents in their children’s day to day life helps ensure that their kids can perform better socially and academically.

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