**Effects of parental issues on child's mental well-being**

**Abstract**

Childhood should be carefree, playing in the sun; not living a nightmare in the darkness of the soul. Purpose of this research paper is to study and analyse the mental state of the child having issues with their family. We aimed to study some specific issues like parental divorce, child abuse whether physically, mentally or sexually and family related stress due to some economic or cultural problems, and its impact on child’s mental health. The goal is to analyse the psychological wellbeing of the individual who have faced trauma in their childhood in any form. Cases discussed are the ones that are easily solvable. To analyse this problem, we took data from different studies and analysis done in the past. Analysis is also done by talking to different individuals who were willing to share their experience and a final message was derived for both parents and children.

1. **Introduction**
   1. **Parental Issues:**
      1. Parenting can be a tedious job, which would create a lot of stress. Through stress comes anxiety and ultimately some people resort to some common defence mechanisms like displacement. This creates a tension between parent-children bond and further create problems, wherein child suffers through problems like depression and tension. Although parents are not to be blamed totally for this as they do care deeply for their child’s welfare, yet apparently, they misjudge the action they impose on their children, like forcing them to choose a career, practice a certain religion or being overcautious about their child’s behaviour. Many parents nowadays are engrossed in their works, and while having such a busy schedule they aren’t able to give time to their children. While poverty is entirely different case wherein parents resort to child labour and sometimes child marriages too. So, these all issue have a huge effect on children’s mental health.
   2. **Why does this affect children and why is this problem to be looked upon?**
      1. Children’s cognitive and social development, and their overall behaviour greatly depends on how they are brought up, and this depends greatly on the child-parent bonds they had. Children, although not mature enough, yet may an answer or a counter belief to rules or regulation set by the parents, but their say has no impact on parent’s decision even though they may a valid point and apparently this puts a strain on the parent-child bond. Lesser and lesser interaction with parents result in state where child is either depressed due to lack of attention or acts out on others or on objects which may lead to aggression. Ultimately children resort to ill habits which may impact their mental health.
2. **Main Themes**
   1. **Conflicts among parents**
      1. Children are greatly impacted by what they see, feel, and hear, and the first thing that’s available to them for this is their family. Parents might think that they are providing everything they can to their children, but they send a conflicting message when they are not able to maintain a healthy relationship with their partners. When parents quarrel excessively and for a long time, it may leave children feeling insecure and anxious. Even if it’s not their intention, ongoing conflict between parents can threaten their child’s sense of safety.
      2. When parents excessively use hostile strategies against each other, their children may become worried, anxious and hopeless. Some others may react aggressively with becoming violent and developing behaviour and temper problems at home and at school. They may have sleeping issues and other health problems like headaches, stomach-aches, and may even fall sick. Such children may have difficulties in their ability to pay attention at school, and may create some social problems, like having fights with peers, due to aggressive nature, or like becoming an introvert. Even relationships amongst siblings are affected as they can become overprotective, or may become totally distant and disengaged from each other.
      3. While it can become very difficult to avoid conflict completely, parents must learn to regulate their emotions to provide their children with the security and self-esteem they deserve to live a life of their choice.
   2. **Child Abuse**
      1. Child abuse is the act of causing harm to children via mental or physical
      2. injury by their parents or caregiver. That is by using foul words, making
      3. them feel unwanted, lonely and neglected or by physically hitting them
      4. when they were unable to fulfil their expectation.

It’s much prevalent in families wherein parent either have temper issues or are poverty stricken. Most common forms of abuse in home with aggressive parents are when parent’s anxiety is put out on child, a less threatening target, for stress relief.

* + 1. In the case of violence, a child who has been abused is often scared to tell anyone about it, due to fear and love the parent who done it. In many cases even if the injury is severe, parents generally try to avoid its signs and try to calm their mind by thinking they are doing good for the child by teaching him/her discipline, regardless of the means used.
    2. While abuse can create fear in a child, and he would be scared to do anything, but on a longer run, it has adverse effects on a child where he/she develops suicidal, violent and depressed tendencies, and may resort to drug usage or ultimately suicide to cope up with the stress of the abuse.
  1. **Family Stress**
     1. Family Stress is a type of stress caused by those close to you. It’s case where a child has to choose between their family and themselves, as the family forces a decision upon child, ignoring his/her wishes.
     2. Common cases are where parents force a career option over a child, claiming that this career option has much more amenities and ultimately child’s dreams are ignored. While there are other cases like cases parents choose a marriage partner for the child, in the name of culture rather than giving some valid reasons, or like cases where parents forces some rules on child regarding how they should dress, or how they should behave in a society.
     3. This create trust issues in child, where he/she feels that his/her words mean nothing. Initially if children are young or at an age where they are not able to become independent, they only act out by showing aggressive nature, or are scared and do exactly what they are told, while in other cases children resort to leaving homes or cutting off their social ties with their family.

While if this continues for longer periods, it results in stress, depression, suicidal tendencies of the child.

* 1. **Negligence of the child**
     1. In recent times when both the parents are working, it’s not possible for the parent to devote time for the children due to overload that work gives, and rest needed to relieve work stress.
     2. Lack of attention create a sense of loneliness in child’s mind and this lead to stress. So, child then resorts to attention seeking activities like mischiefs. Children in such case may not show very noticeable behaviour, but they usually have depression symptoms.

Working parent may produce cases where child’s needs are not always fulfilled and sometimes since not much interaction was done with a child, he/she may get acquainted to bad habits as no-one is there to check on them and correct them. Children in such cases loose the sense of what is right or wrong.

1. **Conclusion**

As children start exploring the world around them, it’s very important that they are effectively able to predict the behaviours of people closer to them. If they experience a great amount of unpredictability, they’ll be cautious of the world. They will experience great amount of uncertainties in their lives and thus will always be unsure of their actions.

Further, parents must continuously make their children realize their own abilities for them to develop self-confidence and make themselves to secure their place in the world. If this type of reinforcement is inconsistent from parents, children won’t be able develop healthy self-esteem within them. Also, they need to check with their children to learn more about their problems and strengthen their personal bonds

Although parents are not always guilty as they do, in most cases, think good for the child, but apparently take some bad decisions with creates a mental strain over children.

So, ultimately this research tells us that it’s important for the parent-child relationship to stay strong and parent must think from the children’s perspective before taking any action over them, and awareness about this must be spread among parent, teaching them better ways of parenting.

**Acknowledgement**

We would like to thank certain individuals who contributed greatly towards the ideas, facts and real-life incidents required for this project. Firstly, as this was a team effort, every team member is thankful to each other for collaboration and ideas. Further we would like to thank Dr. Rajbala Singh providing guidance and support into completing this project. Then, I would like to thank our parents and friends for providing suggestions and correction required.

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