

EFFECTIVE ACTIONS OF PARENTING TO QUELL THE IMPACT OF COVID-19

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ABSTRACT

The overall development of the child is dependent on the supervision of the parents. The fear of this epidemic in children can be reduced by making changes in the way parents raise their children. Current research aims to reduce the impact of COVID-19 by adopting effective parenting action. Information related to the research topic was obtained from secondary data. This information was obtained the review of several research papers. The physical and mental health has been affected by this epidemic, so the researcher considered it necessary to suggest some actions to reduce its impact. Study results highlight that the impact of COVID-19 can be reduced by adopting some effective actions and changing parenting.

Keywords - *Effective Action, Parenting, Pandemic, COVID-19*

INTRODUCTION

Parenting is a work in which physical, mental, social and emotional development of children is done from childhood to adolescence. Both mother and father bear the responsibility of nurturing children and teach them to adjust the social environment (**Veenes, 1973 a**). In which the child follows the footsteps of his parents. Parents help in providing child friendly environment. Proper relationship of children with parents is helpful in the progress of society (**Erikson, 1974**). The interaction between parents and children is very delicate, it requires both of them to adjust to each other. If the parents want to continue a positive relationship with the children then it is very necessary to maintain the psychological balance among all the members. (**Hurlock, 1956**). Any imbalance between the families will adversely affect the upbringing of the children. Parenting is not limited to the biological parent but is also related to the other caregiver. It is believed that the mother has a greater influence on the upbringing of the child. It's a relationship that unfolds over time.

It is believed that the behaviour and mental health of parents influence the development of children. The physical and mental health of the parents who were affected by this epidemic was greatly affected, due to which there was a negativity in the way of their upbringing. One study found that mothers with anxiety were also more likely to experience stress in parenting. (**Cornish et al., 2006**). Poor physical and mental health of parents linked to child abuse (**Mikolajczak et al., 2018 b; Roskam et al., 2017, 2018**). A meta-analysis showed that negative thoughts were related to firm discipline and positive thoughts were related to good parenting. (**Rueger et al., 2011**). But little is known about how the pandemic affected the feelings of parents. During this time the children felt many changes in their daily life and social interactions and felt uncomfortable returning to their previous activities. The long lasting crisis affected the parent-child relationship and the way they were raised. Some families coexisted with all their members, while most parents' parenting was negatively affected. During this, most of the time of the children was spent at home, due to which they felt the tension. Mostly parents perceived irritability in their children's behaviour as a violation of rules and perceived panic in relation to the epidemic (**Pisano et al., 2020**). Parents felt discomfort with regards to arranging their children at home. The social upheaval of families in COVID-19 has led to violence at home and exploitation of children (**Roje Dapic et al., 2020**).

Parents' behaviour towards the child and the family environment fosters their development. COVID-19 has affected almost all families, negatively impacting children's development. According to a research, some parents said that due to interruption in the routine, they felt a lot of stress in adjustment. According to UNESCO report, children cannot reach their development without group activities. Many parents believe that keeping child safe and busy at home is a daunting task. For parents whose financial condition is not good and who live in congested areas, it has become very difficult for them to manage their family and children. According to many research reports, the violence of some parents increased with the children staying at home. But parents can provide creative opportunities to children in this time of difficulty with their tireless efforts. There are many organizations that have played a vital role in providing many online parenting resources during COVID-19. These organizations are leading many suggestions to build good relations with each other, remove bad behaviour and reduce the mutual tension between parents and children. Parents can reduce the impact of COVID-19 on themselves and their children by adopting a number of protective measure. The family environment can be de-stressed by adopting several strategies.

Research Methodology

This research paper is based on secondary data, information related to this research paper has been obtained through the internet, research paper and experts' views. We reviewed 180 research papers selected 20 of them to know the result of this research study.

Objectives of the study

- To explain the impact of COVID-19 on parenting.
- To find out the effective parenting actions to reduce the impact of COVID-19.

IMPACT OF COVID-19 ON PARENTING

The survival of the parents was severely affected due to the pandemic, which almost changed their lives. Not only the parents but also the children had to face many consequences. People's physical and mental health staggered. Some parents saved their lives from getting disturbed due to its effect and did not feel any lack in the upbringing of their children. Most of the parents were those who could not overcome this crisis on their own and had to face physical and mental trauma. They lost their family members forever. Families whose economic condition was not good had to face hunger and unemployment which affected their way of upbringing. Children's schools and many child care institutions were closed due to which the responsibility of parents towards children increased. Parents could not support children properly due to social distance (**Patrick et al., 2020**).

The parents' presence to the child was greatly affected by this crisis. The pandemic had a negative impact on the new-born as most parents had to be separated from their child. Apart from this, the child feels much stressed in the absence of the parents. Some women had to stop breastfeeding for their babies, which affected the health of the child. There are many parenting behaviours that affect the health of children. With school closures and children not going out of their homes, their lifestyles changed drastically, due to which their physical activity was stopped and their physical development was hindered. But still many parents paid attention to the development of the children and they themselves participated in the activities with the children by becoming their companions. The death of a family member due to this epidemic was very worrying (**Dalton et al., 2019**).

During this time, the process of parenting of many parents was such that it was not right for the mental health of the children. There are many children who were orphaned by this epidemic and who lost their family members forever. Which had a negative impact on their overall health. Along with this other family members were also affected by this shock. All parents adopt different parenting styles towards their children and accordingly the behaviour of the children is affected. A study found teens informed about good health during pandemic (**Astle et al., under review**). But these signs may not be applicable to young children are more dependent on parents and require guidance from their parents. A research study revealed that parents faced a lot of stress due to health emergency and lockdown, which increased children's behavioural problems. (**Wong et al., 2020**) suggested understanding of family processes that can promote children's well-being in time of crisis.

There are also some parents who are illiterate and cannot educate their children at home, for such parents, educating children at home has been a challenging task. Online education got a boost during this time but many parents lacked adequate resources for online education to their children due to which they faced difficulty in coordinating with the children. In such a situation, being able to support the children can be the reason for the lack of confidence of the children.

Parents who have already been misbehaving with their children. The increase in their bad behaviour during covid-19 became a matter of concern. A study found that children of parents who lost their job may be treated badly (Coyne et al., 2020). Many countries affected by COVID-19 see an increase in child abuse (WHO, 2020). The findings of another study showed that the pandemic affected both mothers and fathers differently. During this period an increase in rigid parenting was observed in parental behaviour. Several strategies are needed to prevent such harmful consequences. (Novika et al., 2021).

EFFECTIVE PARENTING ACTIONS TO REDUCE THE IMPACT OF COVID-19

COVID-19 is such a dreadful situations from which no one has escaped. The family is made up of the members of the household in which the most important role is played by the parents. All parents behave differently for their children. One's parents love their children more and meet all their needs. One's parents behave badly and harshly towards children. There are also some parents who inspire children to follow the path of life as per their wish. **Diana Baumrind's** explained three parenting styles such as authoritative, authoritarian and permissive, later **Maccoby and Martin** added uninvolved style. They have divided the parenting practices into these categories.

It is important for all the parents to bring some positive changes in their behaviour during this pandemic because only then they can save their children from the terrible effects of this pandemic. Parents are role models for children and they change their behaviour accordingly. To reduce the impact of COVID-19 in children, first parents have to keep themselves free from the effects of this terrible disease, only then they can help their children. Only when they make themselves strong will they be able to take care of others. Some effective actions that reduce the impact of Covid-19 are as follows.

- **Make yourself feel light-** Relax yourself and try to do something nice and keep in mind that these tough times are for everyone. Keep your mind as calm as possible and let go for anger. Free yourself from worries by meditating every day.
- **Don't feel lonely-** Getting together with family, maintain online communication with your neighbours, relatives and friends. Make it a habit to stay at home with children and socialize with family members. Think that the time you didn't spend with family is now your chance.
- **Give yourself time-** Make sure to include yoga in your daily routine, whenever you feel yourself under stress, take long deep breaths and leave, do this several times a day and try to yourself busy.
- Practice any hand craft like sewing, knitting and painting etc. Feel the coolness in the mind and body, if you want you can also listen to music. If you have a passion for dance and music, then definitely fulfil it, do things that make you feel happy, give full support to those who need support, maintain a balance between physical and mental health.
- Whatever crisis there is on the family, whether it is economic or social, try to overcome it and never shy away from your responsibilities. Such habits and behaviour can guide oneself.

All parents raise their children in different ways. By adopting several actions, they can protect their children from the effects of COVID-9.

- During this epidemic, explain well to the children why they have to stay home from school. Answer children's questions in a way that they can understand. Assured the children that he is always with them and will keep them safe. If they have any kind of problem then try to solve it. Teach them to be relaxed so that they can feel happy, motivate them to maintain social distance from others outside.
- Prepare a new time table for children and change it over time. Ask them to talk to other family members. Make continuous efforts to provide peace and happiness to the children and let them do the work which makes them happy and which is not wrong.

- Give importance to children's thoughts and try to understand their point of view. If something is unfair then tell him how it is unfair and impose some rules for them and also motivate the children to follow them. Provide them opportunities to do some good deeds and praise them for doing good deeds. Do not keep distance or despair from children if the parent feels that he is not able to overcome the troubles and frustrations of his children, then contact any child care institute or child psychologist. Mother and father should always take care that they do not reveal any violence to the children among themselves.
- Must help children in online education and school work and even if the parents are illiterate, keep in mind whether the child is studying or not, and set goal for children. If the number of children in the house is more, then do not discriminate among them, and treat them according to the age of the children. Teach children honesty towards life and give them love and affection. Make every day an experience for children to remember and motivate them to keep them positive towards life. Monitor children on social media and do not let them be addicted towards it. Never be strict with kids because sometime it can be too good to do nothing.

CONCLUSION

In conclusion, effective actions of parenting highlighted to reduce the impact of COVID-19. Efforts can be made to reduce its effect in children only by making changes in parenting. This pandemic has affected parents as well as children and, during this the development of children has become a challenge for the parents. This research study describes parenting affected by COVID-19 and informs parents of how COVID-19 has affected parenting. Study finds that COVID-19 has significantly impacted parental parenting and its dangerous effects can be mitigated by some strategies.

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