



Pleasure of Fulfilling the Aspect as Parents between Mother and Father

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Authors' contributions

This work was carried out in collaboration between both authors. Both authors read and approved the final manuscript.

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ABSTRACT

Parenting is a concept of raising children in a prompt way. Good parenting is involving their children in all kind of tasks so that children can learn good and positive things in an appropriate way. Both mother and father have equal responsibility in raising the children. Parents become successful when their children grow-up with good discipline, and no dependency on parents or anyothers. In this context, a study is undertaken to study the pleasure of fulfilling the aspect as parents between mother and father. The sample of 60 parents (30 mothers and 30 fathers) were interviewed using the developed schedule on their aspect performance. The results revealed that mother's aspect or part was high in spending sufficient time with the children, providing nourishment to the children, ensuring the psychological wellbeing of the children. Father's aspect or part 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: Pleasure; aspect; parents.

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1. INTRODUCTION

Parents are the one who fulfills Childs need even though they are in a tough situations. A good parenting involves children in helping physical, social, and emotional to regulate them in an constructive manner.

Baumrind [1] identified “three distinct parenting styles: authoritarian, permissive, and authoritative. Each parenting style is associated with specific behaviors and parental characteristics. The behaviors are often examined along two dimensions: nurturance and control. Authoritarian parenting involves the use of control, physical punishment, and coercive tactics to direct child behaviour”. “Parents exhibit little nurturance, and rules are established by the parent with little or no discussion with the child. The strict discipline and control of authoritarian parents may hinder development of children’s independence and contribute to aggression and behavior problems” [2].

“Permissive parenting is defined by non-punishment, unclear boundaries, and a lack of follow-through with discipline”. “Permissive parents exhibit high levels of nurturance and low levels of control. Children of permissive parents may exhibit externalizing behavior problems such as aggressive or impulsive behaviors, or internalizing behavior problems such as anxiety and depression” (Holmbeck, 1994).

“In contrast to authoritarian and permissive parenting, the authoritative parenting style has been shown to be a predictor of positive child behavior outcomes” (Jackson et al. 2000; Roberts, 1989). “Authoritative parents 7 emphasize the expression of warmth, nurturance, and consistency. Parents encourage communication and discussion of feelings regarding rules and expectations”. Authoritative parenting involves high levels of both nurturance and positive control [3-5].

Baumrind’s theory of parenting styles was shaped through studying predominantly white, middle-class families. Recent theorists have begun to wonder whether these parenting styles function the same way in African American families [6,7]. It has been suggested that African American parents are more authoritarian than white parents and that this difference is related to the highrisk environments in which many African Americans live [7]. Brody and Flor found that low-income African American mothers tend to utilize

a “no-nonsense” style of parenting involving high levels of both control and nurturance. They further showed that firm control within a positive parent-child relationship is related to positive outcomes in African American children.

The latter findings are supported by additional research with single African American mothers with children in preschool. Jackson et al. (2000) conducted an analysis of data collected from 93 low-income single Black mothers (average age 29) who had previously been on welfare. Mothers had preschool children between the ages of 3 and 5. This analysis found that mothers who were more supportive and involved parents had children who had 8 better preschool ability and fewer behavior problems. Parents who are involved with their children exhibited more positive control over their children.

Parents have a profound influence on their children. The parenting practices employed by a parent can shape the physical, social, and emotional development of children (Jackson, Gyamfi, Brook-Gunn, & Blake, 1998). In order for children to develop the necessary skills to succeed in life, parents must take an active role. Certain parenting practices, which are collectively termed the authoritative style of parenting, have been shown to increase child competence and positive child behavior. Authoritative parenting involves a high amount of nurturance, responsiveness, consistency, and positive control [8]. The influence of parenting practices is too significant to be overlooked by research in high-risk neighborhoods. Research suggests that children must experience such parenting behaviors during the early years of life in order to develop a positive self-image and to enable them to communicate their personal needs to others [9,7]. Without these vital parental contributions, children may experience difficulty not only with personal communication but also with their learning and social skills.

Unfortunately, there are a number of factors that have been shown to reduce parental involvement in the lives of their children, especially in highrisk urban neighborhoods. For example, research has shown that parental substance abuse increases parental stress and psychopathology, which often diminishes the involvement of parents in the lives of their children [9]. In addition, there may be few resources to help parents in high-risk neighborhoods develop positive parenting practices.

Parenting education programs have been designed to increase the use of positive parenting practices by parents in high-risk neighborhoods. Such programs are aimed at increasing parents' use of nurturance, responsiveness, consistency, positive control, and family routines, as well as decreasing parental use of spanking [10-13]. An increase in positive parenting should help to reduce negative behavioral outcomes among children in this population.

Keltner (1990) conducted a study with 91 African American preschool children who attended a metropolitan Head Start program and found that family routines were positively related to cooperative and compliant behaviors in children. In addition, Keltner found that children from families who had predictable routines showed more participation and greater interest in school activities. These findings suggest a need to examine how parenting education programs influence low income African American mothers' use of family routines.

The manner in which parents satisfy the child's needs, their attitudes towards care and the kind of environment they provide has profound influence on the child's behaviour and development. World Health Organization (2004) stated that the child's healthy growth, development, health and personhood, depends on the capacity of adults, in whose care the child rests, to understand, perceive and respond to the child's bids for assistance and support. A supportive home environment is one where parents are sensitive and responsive to the developmental needs of the child and provides opportunities to realise the existing potentials of the child. Thus care is an integral to child development and wellbeing and it is an activity to which parents and other caregivers attach great value.

"Child care is a complex set of behaviors and practices that range from providing feeding practices, safe and healthy environment, adequate health care, psychosocial interactions and emotional support necessary for healthy survival, growth and development" (Engle 1999). "Child care practices have long-term effects on the development of the children (Engle et al. 2011) and hence children under three years must be treated with dignity and respect by providing good quality care. Thus child care became an essential component of life in every society. The need for childcare is universal. It is vital

to the development of individuals and of societies".

"Although effective child-care practices play a vital role in children's growth, brain development, personality enhancement and health promotion and care givers have sound effects on the child's overall wellbeing, but there is an evident 'care gap' in many countries" [14-17]. Current research revealed that the prevalence of good care practices were low across the globe. "Tens of millions of children are being unsupervised with minimal care specially in low and middle income countries. On an average 20% of the world's under-fives, were without adult care for at least an hour in a given week – either left alone or in the care of a sibling under the age of ten. On an average women spent only 34 minutes on childcare daily" [18]. "Population-based multi-country studies have shown that mothers are substantially less engaged in stimulation (e.g., reading books, playing, naming) with young children in low- and middle-income countries compared to mothers in high-income countries" (Bornsteina and Putnick, 2012). "It has been estimated that 43% of children under 5 years are at risk of not attaining their developmental potential [19], (Lu et al. 2016) and care responsibilities are having negative impacts on mothers and other carers. It is evident that lack of care by the mothers is damaging for children as they are pushed to their limits".

As young children are vulnerable, they can be affected by many social, economic and environmental factors both in positive and negative ways. Studies revealed that most of the child care practices were influenced by familial factors such as family income, learning environment and parental interaction maternal factors like age, occupation, educational status, earlier experiences with previous child, knowledge, attitudes, perceptions of the family members and environmental or cultural factors such as culture, customs, traditions and belief systems [20,21].

In many societies child care is mostly the responsibility of mothers. Mother being the principle provider of the primary care to their children during the first five years of life and is the most important person in a baby's life for both his/her physical as well as his/her psychological care and growth [22-26]. Her relationship is the most vital formative relationship for the child. Her health, education, beliefs and attitudes regarding child rearing are

important milestones on the road of child's health.

Bronfenbrenner's ecological model [26] states that mother is the micro system for the child who has most immediate and earliest influence on the child. She plays a key role in providing all the support and opportunities for the growth and development of child. Maternal characteristics like knowledge, attitudes, beliefs influence the child's development. Extended model of care (WHO, 2004) also states that the child's growth, development and survival depends on the caregiving behaviours that are influenced by caregiving resources like knowledge/beliefs, value of child care. The care giver's knowledge on child care practices are influenced by the sources of support systems available for parents, attitudes and belief systems which significantly effect on the child's development.

2. RESEARCH METHODS

The main focus of the study was to study pleasure of fulfilling the aspect as parents

between mother and father. The sample of 60 parents (30 mothers and 30 fathers) were interviewed using the developed schedule on their aspect performance. It focused on parent's age group of 28 to 40 years.

3. RESULTS 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 aspect or part was high in spending sufficient time with the children, providing nourishing food to the children, ensuring the psychological wellbeing of the children. Father aspect or part 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=30)		Father (n=30)		Total (n=60)	
			F	%	F	%	F	%
1	Quality time: Have sufficient time to spend with the children	Yes	28	93	25	83	53	88
		No	2	7	5	17	7	12
2	Nutrition: Providing nourishing food to the children	Yes	29	97	27	90	56	93
		No	1	3	3	10	4	7
3	Education on Mental well-being: Ensuring the psychological wellbeing of the children	Yes	27	90	26	87	53	88
		No	3	10	4	14	7	12
4	Financial discipline: Being dedicated parent financially	Yes	25	83	29	97	54	90
		No	5	17	1	3	6	10
5	Cognitive development: Relationship with children in provision of knowledge about society	Yes	24	80	28	93	52	87
		No	6	20	2	7	8	13
6	Socio-emotional development: Bringing up children with good moral and behaviour	Yes	29	97	29	97	58	97
		No	1	3	1	3	2	3

4. CONCLUSION

Parents are involved in their child's development are: Be a good role model. Love the child and show them love through actions, such as hugs, spending time with them and listening to them. Be a safe haven. Children raised by parents who respond consistently will have a better social and emotional development. Talk with the child, as this helps their brain integrate. When different parts of the brain are integrated, they function more harmoniously, resulting in more cooperative behavior and empathy. Pay attention to the own well-being. Take good care of self physically, emotionally and mentally. Take time to strengthen the relationship with the spouse. If these areas fail, he/she child will suffer too.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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