

Poor/ Dysfunctional Parenting and Child maltreatment: A Review

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Abstract: *This paper intended to distinguish between poor parenting and child maltreatment to aware child welfare and public health policy makers of the need for differentiated responses. This paper reviews the literature on child maltreatment with respect to child outcomes, prevention and intervention and implication for policy. Child maltreatment which includes both child abuse and child neglect is a major problem throughout the world. This paper focuses on measuring the effects of child maltreatment and the present study is an effort to understand the child maltreatment and poor parenting and also takes into consideration the consequences and preventive measures of child maltreatment. This paper focuses on dysfunctional parenting style as an important component in dealing with child maltreatment and how poor parenting and its correlates are directly related with child's mental stability and personality makeup. The data in this paper has been gathered by carrying out an extensive scrutiny of research work carried so far in this area. This paper broadens our vision as how poor parenting can be a very bad aspect of child maltreatment and how good parenting contributes to prevent child maltreatment.*

Keywords: Poor Parenting, Child Maltreatment

I. INTRODUCTION

A dysfunctional family is a family in which conflict, misbehaviour, and often child neglect or abuse on the part of individual parents occur continuously and regularly in which conflict and instability are common. Parents might abuse or neglect their children, and other family members are often forced to accommodate and enable negative behaviour.

MC Graw Hill concise Dictionary of modern medicine defines the term "dysfunctional family" as a family with "internal conflicts", e.g sibling rivalries, parent-child conflicts, domestic violence, mental illness, or "external conflicts" e.g alcohol or drug abuse, extramarital affairs that affects basic needs of a family.

Child maltreatment constitutes all forms of physical, emotional ill-treatment, sexual abuse, neglect or other commercial exploitation, resulting in potential harm to the child's health, survival, development or dignity in the content of a relationship of responsibility and it occurs under 18 years of age. Maltreated children will often experience feelings of anxiety, conflicts. These children also suffer from a variety of fears that don't correspond with their age.

In present era, there is dysfunctional parenting throughout the world. Every child is an orphan today, as both of the parents are working in majority, send their children/ kids to crèches/ day care centres for caring/ rearing at a very early age. As a result today children don't have as much affection/ love with their parents as they are cared by some other nurses there. Because of work load of parents, they are unable to attend their children with love, affection etc, and children don't get so much attached and because of lack of love attention from their own parents, they become aggressive, emotionally disturbed and at the end become a maladjusted personality. If we talk about dysfunctional personality, it is abnormal or impaired functioning on the part of an individual person between people in any sort of relationship amongst members of a family. If we have a dysfunctional family in our past, that can affect our behaviour today. We always tend to learn our parenting styles from our parents or other care givers. If our parents abuse us, we may abuse our children and we will do as our parents did. People don't truly understand how to teach their

children in healthy ways. There are various problems/ reasons due to which a dysfunctional family situation arises which are as under:-

- **Medical problems:-** Physical illness alone doesn't cause dysfunctional parenting. However it can make life much harder for everyone concerned. Parents sometimes rely on their children to do things they would ordinarily do for themselves, causing intense anxiety and depression .If one child is ill, the other may feel neglected as your focus is only on that one child. Medical problems present a tremendous challenge, but with right help, you can keep your family functioning well.
- **Mental illness:-** People with untreated mental illness can cause discard in a family that would otherwise be highly functional . People with such problems can be great parents with treatment. They can contribute positively to their children.
- **Life circumstances:-** Stress is an unavoidable part of life. High levels of stress can lead to hostility within a family. Learning to deal with life's stresses in a healthy manner is essential to the happiness of a family. When we give coping strategies to our children, they will learn how to function well even in bad circumstances.
- **Addiction:-** Drug , Alcohol, gambling and other addiction can lead to a stressful life. When an addiction is severe, it can drain a family's financial and emotional resources.
- **Perfectionism:-** Perfectionist parents often put incredible pressure their children , not just to do their best ,but to accomplish the impossible. These children may lack self- esteem and feel inadequate.
- **Ineffective Communication:-** It is one of the important factor for a dysfunctional family. It is the unwillingness to listen to one another and can cause bitterness and lack of trust within a family.
- **Lack of empathy:-** Empathy is one of the major source of a family. In a family when one of the parents lacks empathy, their children may feel that their parents love is conditional and develop mistrust. When parents are empathetic, children will become empathetic adults. In healthy families, parents always help their children to make good decisions rather than insulting them.

Taking into consideration above all, we can say that dysfunctional parenting discourages children from making their own decisions and lack trust on them and this may affect children in various ways:-

- Social isolation
- Antisocial behaviours
- Low self esteem
- Mental health issues like anxiety and depression
- Lack of communication and expression of thoughts and feelings

II. REVIEW OF LITERATURE

1. Aggarwal, k, Dalwai, S., Galgali, P, Mishra, D., Prasad, C . , &Thadhani, A. (2010).
Studies that negative treatment by parents, teachers or school personal causes damaging role in childrens life and has significant effect on aggressive behaviour of children.
2. Sinha (2015):- Found that social intelligence of dedicated mothers was high and child maltreatment rate was mild, which also shows that the relation between child maltreatment and social intelligence of mothers is opposite.
3. Singh (2019) :- Revealed that negative treatment by parents, teachers or school personal causes damaging role in academic performance of children. Where as intrinsic motivation exerts a positive role in students academic performance.
4. Hussain(2019):- Found that parental negligence, improper parenting and enforcement of parents have significant impact on child aggressiveness.

The international studies reveal that nearly 3 in 4 children aged 2-4 years regularly suffer physical punishment, psychological violence at the hands of parents and care takers.

III. CONCLUSION

In the overview of above literature, it can be concluded that child maltreatment which has been stressed throughout the literature to see its relationship with other factors, plays a vital role in one's life. The review has widened our view as how the poor parenting and child maltreatment impacts a child's personality as a whole and how by dealing with children in a good and desirable way can lead them to a successful one. Also it can be concluded that most of studies conduct to find relationship between poor parenting and child maltreatment versus social intelligence, academic performance, child aggressiveness. If parents function well, providing every children with what they need to live a peaceful and productive life, no child in adolescence or in adulthood will become maladjusted in the future.

Child maltreatment is a crucial world health problem. Most studies on it have been conducted in developed countries; there is compelling evidence that the phenomenon is common throughout the world. Much more studies should be done about the problem. Prevention, efforts and policies must directly address children, their caregivers and the environments in which they live in order to deal effectively with cases of maltreatment and neglect that have taken place. We should prevent it from getting worse as the children of today will be the leaders of tomorrow.

IV. SUGGESTIONS

- Child maltreatment is deeply affected by families, societies as a whole and it is required to do efforts to finish or to decrease the rate of child maltreatment as we all know that childhood is the mirror of whole life.
- Parents should communicate freely and openly with their children and fulfill their physical and emotional needs.
- In a family, there should be patience for listening to one another and children should be appreciated for their opinions, for their effective activities and conflict should be resolved without having any negative impact on the mind of children.
- Parents should not discriminate children and every child should be treated equally and they should equal love and affection to every child.
- Parent- child interacting sessions in school, health clinics and societies should be organised.
- Educational programmes, seminars, workshops should be organised to teach parents about child psychology, basics of good parenting for best child development.
- People should be made aware about child abuse through various programmes, activities and parents should support and encourage children for talent to come out and the capabilities hidden within them.
- Parents must learn to Separate personal and professional environment and spare time for home and family.
- There should be implementation and enforcement of laws to prohibit child-abuse.
- There should be interventions to build positive school climate and violence free environmental relationships between students, teachers, parents and administrators.

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