

## **Pleasure of Fulfilling the Aspect as Parents between Mother and Father**

### **Abstract:**

**Good parenting** involves a great deal of consistency and routine, which gives children a sense of control. Good parenting focuses on developing independence in children, so redundancy becomes the aim for parents. According to the best available research the best parenting style is an authoritative style which is a balance of firmness and nurturance. The outcomes are generally best for kids in terms of academic success, mental health and good well-being when they are raised by parents that use an authoritative style. **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 semi-urban (small towns) families especially where both parents are working, egalitarian roles are being observed. 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

## **Introduction:**

**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*.

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.

**Most essential parenting skills:** It should come as no surprise that some parenting techniques produce better outcomes than others. In general, all parents want their children to be happy and healthy, but our own goals and circumstances can also influence where we place the most value when it comes to the parenting skills.

### **1. Love and affection**

Showing love is the number one competency that predicts good parenting outcomes. This includes showing unconditional love, support, and acceptance. It also stresses the importance of spending one-on-one time with the child.

### **2. Stress management**

Not only is it important for individual to manage his/her own stress, it's also critical to teach the child stress management and relaxation techniques.

### **3. Relationship skills**

Success in this area means persons model and maintain healthy relationship skills with other people (spouse, significant other, co-parent, co-workers, family, etc).

### **4. Autonomy and independence**

When parents foster autonomy and independence, it tells their children that they respect and believe in their abilities.

### **5. Education and learning**

Teaching children to be lifelong learners begins at home. This includes valuing education, modeling learning, and providing enrichment opportunities for the child.

## **6. Life skills**

Providing for the child's needs and planning for the future falls into this category. This includes showing the child how to positively view obstacles and challenges, which helps them develop resilience and perseverance.

## **7. Behavior management**

Parents who use positive discipline rely on positive reinforcement and deliver consequences (not punishment) in a kind and firm manner, helping a child feel connected, capable, and a sense of belonging.

This also minimizes or eliminates yelling, and harsh verbal discipline, which one 2014 study Trusted Source found is damaging to developing adolescents.

## **8. Health**

The model healthy lifestyle choices that include exercise and good nutrition choices for the family.

## **9. Religion**

Support spiritual and/or religious development.

## **10. Safety**

Help to ensure the child is safe. This includes setting boundaries and being aware of their activities and friends. And it's also tactical things — everything from baby proofing the home and enforcing wearing helmets while bike riding to teaching them how to cross the street smartly and what sexual consent means.

Tips can help to improve the parenting skills.

- practice active listening with the child
- show love and affection daily
- offer choices when possible
- teach them how to express their feelings
- make time for the child
- avoid yelling, shaming, and labelling
- assign age-appropriate chores
- let the child fail (this teaches them how to be resilient)
- set limits and be consistent with discipline and consequences
- don't make repeated threats about a consequence
- follow through with consequences immediately
- acknowledge and validate their feelings
- separate the action from the child (a behavior is bad; a child isn't bad)
- respond in a calm, even tone
- show unconditional love
- model the behavior he/she want them to display
- practice positive discipline
- catch the child doing something right and make a positive comment about it

Parenting skills to assess:

- unconditional love
- dependable security and safety
- stress management techniques
- constant communication
- tools for building healthy relationships

- modeling healthy choices
  - life skills development
  - education advocacy
1. Start by assessing where individual currently are. Make a list of all the parenting skills listed above.
  2. Rank each one on a scale of 1–10 (where 1 = emerging; 5 = adequate; 8 or above = one of your strengths) for the current positive impact.
  3. Now, it's time to assess the child's needs.
  4. Make a second list of all the parenting skills listed above.
  5. Rank each one on a scale of 1–10 (where 1 = definitely needed; 5 = fills needs adequately; 8 = benefits child) for what most benefits your child right now.

### **Effective versus Ineffective Parenting**

Effective and Ineffective parents tend to behave.

#### **1. Can children predict with great accuracy what will happen as a result of their misbehavior?**

- **Effective parents** discuss the rules with their children and make sure that they understand the expectations. They also make sure that consequences are understood and follow through with them no matter how they are feeling. In addition, effective parents help children to see that they chose the consequence by their behavior.
- **Ineffective parents** tend to assume that children understand expectations. Parents often forget the rule themselves or enforce them sporadically. Children often walk on eggshells, afraid to make a mistake. This anxiety can affect both self-esteem and self-confidence.

#### **2. In individual arsenal of parenting tools, do person have light, medium, and heavy consequences?**

- **Effective parents** keep a variety of tools at hand. They recognize that children make mistakes and that this is different from deliberate disobedience. These parents use mistakes as teaching tools to help children remember what is expected. They also see willful disobedience as needing to be met head-on. They do not allow children to overtly challenge their parental authority; however, they recognize that

children challenge rules as a way to test the boundaries. Therefore, the punishment, while certain and swift, is also loving, kind, and sympathetic to the plight of the child.

- **Ineffective parents** tend to see any kind of misbehavior as willful and manipulative. They often feel that the child is somehow trying to deliberately do something to hurt them. They fail to see degrees in misbehavior and only discipline their children when they have had enough of their “mess.”

These parents tend to want to make their children feel badly about what they have done and browbeat them.. They can fail to realize that these negative feelings become how children see themselves, thus creating poor self-images and an inner sense of failure.

**3. Do individual spend time each day with the children engaging in meaningful activity or conversation?**

- **Effective parents** tend to make time each day to make meaningful connections with their children. It becomes a priority to be a part of their children’s everyday world.

It is very important for them to have loving and nurturing activities and conversations with their children whether they are playing a board game, reading together, making dinner, or just hanging out. Effective parents enjoy spending time with their children.

- **Ineffective parents** tend to let days go by without any meaningful contact between them and their children. Parents interact with their children by a series of orders and corrections.

The time of loving and fun interactions is rare and often laced with disappointment for both parent and child. These parents often feel guilty about not taking time with their children and tend to ply children with gifts of an extravagant nature to soothe their own feelings of guilt.

**4. Do individual take time to talk through misunderstandings and misbehaviors with the children when he/she are calm and level-headed?**

- **Effective parents** take the opportunity to use times of misbehavior and mistakes as teaching tools. They discuss the expectations and help kids to step back and look at their motives and hidden reasons for their misbehavior.

They keep responsibility for the actions on their children and help children come up with strategies to prevent future problems. Their goal is for their children to develop inner control.

- **Ineffective parents** tend to blame themselves for their children's issues. If a child misbehaves, it becomes about their lack of parenting skills and not about the child's mistakes or hidden reasons for the misbehaviour.

These parents tend to come down on children based on their feelings about the incident and not based on how they can help their children develop self-control.

**5. Are individual focused on helping the children become adults who can face the world in competently?**

- **Effective parents** recognize that the true test of parenting is in the adults their children become. They realize that children tend to take detours along the path and they need to make allowances. They stay focused on helping children learn from mistakes and help them to use the new learning. They are more concerned with the final person their children become rather than the bumps in the road.

- **Ineffective parents** have difficulty separating their children's behavior from who they are. They believe that it is imperative for children to behave to show that they are good parents. Many parents are concerned with how their children's behavior reflects on them. They demand that children tow the line and behave.

Yet, the parent's authority and power are the motivators of good behavior and not the children's own inner sense of control. Parents are more concerned with the here-and-now and fail to realize that their children often spend time in late teens and early adult years engaging in risky behavior and being unfocused because they have not developed a sense of inner control.

**6. Are individual living the example that he/she want the children to meet and exceed in their lives?**

- **Effective parents** recognize that they are the examples their children will base their lives upon. They also know that behavior speaks louder than words. They live out each day as the person they want their children to be in the future, recognizing that their children will often exceed them in life.

- **Ineffective parents**, failing to recognize the example they are setting with their behavior, say things like “Don’t smoke” as they puff on a cigarette or “Don’t drink” while they sip vodka straight up. These parents think that telling children the right thing to do is an effective tool. In failing to live the life they want for their children, they are setting their children up to live the same way or worse as the years go by.

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 or part 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.) "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.) 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 swop.

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.).

"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,). Mother is a symbol of heart, love, tenderness and care.

### Research Method:

It focused on parent's age group of 28 to 40 years. The main focus of the study was to study pleasure of fulfilling the aspect as parents between mother and father.

### 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 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.

Table 1 : Demographic study results

S.no	Statements	Category	Mother (n=30)		Father (n=30)		Total (n=60)	
			F	%	F	%	F	%
1	<b>Quality time:</b> Have sufficient time to spend with the children	<b>Yes</b>	28	93	25	83	53	88
		<b>No</b>	2	7	5	17	7	12
2	<b>Nutrition:</b> Providing nourishing food to the children	<b>Yes</b>	29	97	27	90	56	93
		<b>No</b>	1	3	3	10	4	7
3	<b>Education on Mental well-being:</b> Ensuring the psychological wellbeing of the children	<b>Yes</b>	27	90	26	87	53	88
		<b>No</b>	3	10	4	14	7	12

4	<b>Financial discipline:</b> Being dedicated parent financially	<b>Yes</b>	25	83	29	97	54	90
		<b>No</b>	5	17	1	3	6	10
5	<b>Cognitive development:</b> Relationship with children in provision of knowledge about society	<b>Yes</b>	24	80	28	93	52	87
		<b>No</b>	6	20	2	7	8	13
6	<b>Socio-emotional development:</b> Bringing up children with good moral and behaviour	<b>Yes</b>	29	97	29	97	58	97
		<b>No</b>	1	3	1	3	2	3

### 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 harmoniously and leads to more co-operative behaviour and more 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.

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