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Children Young Adults And Childhood

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Abstract

The 'child' can be defined by analyzing the point at which it becomes an adult also the determination of societies stating when the childhood comes to an end.

A youth becomes psychologically efficient adult when he is honest, responsible and learning by his mistakes. During childhood a child must be given an opportunity to develop their capacities.

Only mere instructions to children will not prove to be fruitful to formulate their strong personality. Their participation in the activities will develop them. Also, the instructions must be about "what is to be done?" rather than instructing them "what is not to be done?" this will help them to improve in clear and positive way.

Childhood upbringing environment develops the psychological well-being, formation of identity and self-concept in young adults.

Childhood and adolescence are phases when many progressions are established. Here the environment in which a child is brought up plays an important role. The surrounding will help children become healthy, successful, cultured, competent adults. The surrounding may be home neighborhood, school, digital media, friends, leisure spent and sports.

Children, Young Adults and Childhood

Early childhood is critical for cognitive, social, emotional, and physical development. They are highly responsive to the changes at this age. Development and establishment occur at this age through environment and experience. Early childhood spans the approx. period up to 8 years of age.

During adolescence the way of interaction with the world changes for the girls and boys. It may be in the ways as taking chances, learning skills and experiencing unfamiliar emotions. The adolescence approx. period is from 10 to 19 years for girls and boys.

The Convention on the Rights of Child (CRC) defines a child as every human being below the age of 18 years.

Now the question comes as “How the growth and development of personality of a child is carried?” Let’s think about your childhood for a minute. You may think when you were of teenage of 9 or 10 or around 14-15. Do think about the areas where you carried out your life. That may include home, neighborhood and your school, religious place, family functions, your parent’s workplace or whichever your own place. Simply revisit to your pre-adult life.

Now just think about one place which gives you positive vibes or where you feel good about yourself. Is that place is about positive about you? Were you peaceful there? Were you learning things there? You just try to recollect the tenderness and feeling of that positive and supportive place.

Now get your mind to the place from childhood that was not positive to you. Just select one of those. What was it about the place that made you feel uncomfortable or not good about yourself? Did you fail there? Were the people around you not supportive? Were you in stress? Having reunited with your own childhood experiences. What conclusions you draw about the environments in which children grow up?

Certainly, there are so many healthy and positive environments which lead towards development as follows

Spending quality time with family. Having dinner together in family and then sharing all day experiences with one another.

Schools where children learn through assembly about ethics, values, manners. The encouragement by coaches in after-school sports where child learns among diverse peers.

Communities where child works upon common projects.

If we instruct to the child who is painting on walls as ‘Don’t draw anything on the walls’ this is what we are instructing a child to not to draw on wall. This will certainly discourage him in negative ways. Instead, if we instruct a child as “you should on the whiteboard and papers”. This will enhance the capability of a child towards drawing. Also, this will encourage him in a positive way.

In the same way, the effect of instructing children as “you should speak truth” instead of “you should not speak lie” will be more positive and powerful. Engineering of minds of children at childhood by instructing what is to be done? Will give direction to their curiosity & energy. This later will be become habitual to them to think & act positively. And this will form up a clear & positive Way towards development of positive personalities at adolescence.

The wild animals which are in captivity live & grow well when their environments approximate the natural surrounding from which they come. Animals that live naturally on plains are healthier than those who are in cages they are kept in open areas where they can stroll at will or we may say their environment encourages their healthy behavior. Animals live in caves because they want & need the place where they feed protocol. Successful zookeeper is one where the needs of those in care are accomplished by providing the suitable environment to them. In this regard, parents use the environmental strategies for children share similar goals & methods.

Let’s be clear upon one point here, when the counselors talk about the environment of children & adolescents, they refer towards the family/ caregivers & close friends. But here we are considering environments of childhood as consisting of interrelated & nested parts. Children usually live with parents in family. A family lives in a neighborhood. As they grow they get involved in the school,

later with job in community. Children develop their existence in these environments through interactions with parents, brothers & sisters, friends, teachers, coaches, neighbors & others who sometimes for positive & sometimes negative affect their lives. The basis of all is a person in the environment about whom we are talking about.

Therefore, it can be stated that it is easier favorable & more effective to change environment of a child than to change child's personality because the environment is familiar further known to us.

Psychological well-being

The process of transition from childhood to adulthood is difficult. Adulthood is the wide-ranging result of the transition in our lives.

Psychological well-being is not mere about happiness, pleasant thoughts or being positive. it contains additions & different aspects broadly the categories on the basis of which psychological well-being may be estimated are self-acceptance, personal growth, purpose in life, positive relations with others, environmental mastery and autonomy.

Formation of identity

Identity is an individual's conscious descriptions of who he is. An individual's identity is developed over time. Identity always answer's the questions "who you are? "

A teenager is largely determined by his or her curiosity, interests, and willingness to learn. But on the contrary, different activity both in school environment and local community, media including the internet creates an opportunity to get new capabilities. This opportunity will expand knowledge about self and the world, environment around. This will transform into the sense of identity. This will be helpful to gain the knowledge thereby knowing oneself and the environment.

The phase of life i.e. transition from childhood to adolescence is key stage. Here several changes will occur. Some of may be a change of school, change of mode of education, change of place of residence. These changes will form the change in the environment. According to changes which may encouraging or discouraging. This will reflect into the identity formation of young adult.

Certainly, identity formation is very important in the life of youth. Around the ages of 12 to 18 for the first adolescence are able to understand the importance of identity. They actually try to fit themselves in the middle of all which are psychological, cognitive, and biological emotional and hormonal changes. For the formation of identity youth invests lots of energy and time at this stage. This is done to. Fulfill their sense of belonging and accomplishment. The process of identity formation begins when we look others to find about ourselves.

Self-concept

The formation of the self-concept starts at infancy. A three-month-old infant enjoys the body movements. Infant thinks it as approximately as magic. Also, it likes to see its old movements into the mirror. He presumes his own movements thereby.

By the age of two children begin to evaluate their own actions against external standards. This can be considered as a big growth of self- awareness. During this year the self-concept begin to include active skills like ability to walk. From age 3 to 5, self-concept of children will seem to put efforts on skills and abilities. From age 6 to 12 they begin to compare their competencies against those of others who measure them by standards.

Teenagers are much better than younger children at imagining how they appear to someone else. Moral issues, values become important and adolescents want to set their self-concept in a firm set of values.

The knowledge of adults about children's environment proves to be an important factor in improving and making extra ordinary difference in their lives.

Keeping some important family rituals in your home will create nurturing environment which help to counter balance some of the negative influences that can pull into other environments of childhood.

For young children especially the neighborhood is their social universe. The proper choice of neighborhood will enhance the positive growth. Some of the choices can be- selecting the neighborhood of libraries, parks. Also, it can be nearby nature which will enhance the imaginative quality.

The school can nurture children through daily morning assembly. The assembly can be varied by adding daily values and ethics, instructions, songs, moral story etc. it is very important to channelize their time and energy in proper way.

The time limitations for digital media use can be possible for development of a child.

School friendships can be encouraged. Gathering and conducting some activities together will help them to befriend your child and it will support a teenager to do well.

Child can be involved in arts activities. Study shows that youth who involved in arts have opportunities to practice as an adult.

References

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