



# EXPLORING THE IMPACT OF PARENT'S PERCEPTION ON CHILDREN'S WELL- BEING

Sudhina A V<sup>1</sup>, Resmitha P<sup>2</sup>, Sneha K V<sup>3</sup>, Ankalesh B N<sup>4</sup>

<sup>1</sup>Applied Behavioural Analyst, <sup>2</sup>Student Counsellor, <sup>3</sup>Student, <sup>4</sup>Lecturer

<sup>1</sup>Applied Behaviour Analysis Department

<sup>1</sup>Stepping Stones Centre, Bangalore, Karnataka, India

**Abstract:** The study attempted to explore the perception of parents on their children's wellbeing in the light of Mowder's theory. This study collected insight from the parents of adolescent children. Ten parents of the adolescents participated in this study. The qualitative research design was employed to find out the different perceptions of the parents about their child. This research was done using semi-structured open-ended interview and the data collected was transcribed and analysed by collect data and thematic analysis. The study is a relevant one in the present society because this will promote the parents to understand about the mental, physical and emotional development of the child and helps their child to exhibit optimistic and confident social behaviours and this may lead the children to have a positive wellbeing.

**Key words:** Parents, Parental Perception, Adolescent Children, Well-being.

## I. Introduction

The parents have the premier influence in a child's life, one of those pieces of conventional wisdom that seems to have behind them both the incontrovertible weight of experience and the accumulated evidence of a broad literature.

Well-being is the experience of health, happiness, and prosperity. It involves maintaining good mental health, life satisfaction, and a sense of meaning or purpose. Well-being is something sought by just about everyone, because it includes many positive things like feeling happy, healthy, connected socially, and purposeful and emerges from thoughts, actions, and experiences.

Psychological well-being encompasses multiple aspects of positive functioning, it is a state of well-being in which the individuals realize their abilities to do the best out of it. Psychological wellbeing has two important facets. The term "Hedonic" well-being is normally used to refer to the subjective feelings of happiness. It comprises of two components, an affective component (high positive affect and low negative affect) and a cognitive component (satisfaction with life). It proposes that an individual experiences happiness, when both are high. The less well-known term, "Eudemonic" wellbeing is used to refer to the purposeful aspect of psychological well-being (Robertson, 2018).

## II. REVIEW OF LITERATURE

1. Babuc T (2015). Conducted a qualitative study on 'Exploring parental perceptions and preferences about play: A case study in Erusum'. He found that parents of his study see play as an important daily routine and most of them play with their children every day. The results show that parental engagement in play doesn't differ in terms of being a mother or a father and most of parents play with their children and their spouses.

2. Kurup L, et al., (2017). Conducted a descriptive qualitative study of perceptions of parents on their child's vaccination. The thematic analysis generated four themes from 15 subthemes. Theme 1 summarized the factors promoting vaccination uptake, theme 2 was factors impeding vaccination compliance, theme 3 described parents' supportive roles before, during and after the vaccination, and theme 4 was about parents' need for improvement in vaccination services, information and communication with healthcare professionals. This study provided insight into parental views, experiences and needs regarding their child's vaccination. The results suggest a need for developing intervention programmes addressing information needs and pain management strategies to improve parents' experiences regarding their children's vaccination.

3. Summers K (2018). Conducted a qualitative study on perceptions of parents and the young adults with disabilities regarding post-secondary education. The researcher analysed the data and identified two main themes that emerged which were high expectations and independence. These results add to the research literature on parent perceptions about PSE for their young adults with ID.

## III. METHOD

### 3.1 Statement of the problem

To explore the impact of parent's perception on children's well-being.

### 3.2 Objectives

- The study aimed that to explore the impact of parent's perception on children's well-being.
- The study aims on the awareness of different perceptions of parents about their children and the knowledge about the impact of parental perception on their children's well-being.

### 3.3 Significance of the study

As the main objective of the study is to explore the parental perception about their children's well-being. This study is a relevant one in the present society. Parents have an important role in children's psychological well-being. Quality of the parent-child relationship presents an important impact on the development of children. Positive parenting behaviour contributes to children's positive development.

Through this study we can understand the different perceptions of adolescent's parents, also how these perceptions affect the well-being of the child. This study also aimed to change the parent's negative perceptions to positive perception, if there exist. The adolescent period is the crucial age period of development both mentally and physically. This study is useful for the clinical and school counsellors to understand about different perceptions of parent's that lead to a positive development of the child.

### 3.4 Theoretical perspective

Mowder developed the parent developmental theory (PDT) which provides a framework for understanding individuals' parenting perceptions and behaviours as well as understanding how individuals continually reevaluate their ideas about parenting overtime. It is useful for understanding individual's parenting perception and behaviours. Closely aligned with both social learning and cognitive developmental theories, the PDT provides a framework for understanding individual's parenting perceptions and behaviour as well as understanding how individuals continually reevaluate their ideas about parenting overtime.

### 3.5 Settings

The setting was home setting. Information about the sample was collected by visiting their respective homes. Participants were interviewed through direct interview. The interviews were conducted and recorded in a peaceful atmosphere where the participants feel the confidentiality.

### 3.6 Population

The population was selected using purposive sampling. In this study the researcher interviewed 10 participants. All participants are the parents of the adolescence. The samples were limited. Smaller studies enable the researcher to gain a deeper understanding of participant experience and to develop a thick, rich description of the perception.

### 3.7 Ethical consideration

In the study, open-ended semi-structured interview was used to collect the data and the researcher recorded the interview section with the informed concern from the participants. Confidentiality and privacy of the participant was maintained throughout the study. When the participant did not provide permission to record the information then only notes were taken. The audio records and the notes of the participants were safely protected till the end of the study and only the researcher had access to them.

### 3.8 Research design

Phenomenological research design

### 3.9 Sample of the study

The study is conducted with 10 samples from the adolescent's parents. The participants were aware about the aim of the study. The subjects were informed that the data will be anonymous and confidential, and they have the freedom and right to leave from the study any time. The data were recorded and translated.

### 3.10 Method of Data Collection

Semi structured open-ended interview

### 3.11 Delimitation of the study

The study is delimited to study the perception of adolescent's parents and the biological parent's perception towards their children's wellbeing.

### 3.12 Limitation of the study

The data collection is time consuming and there may be a chance for the occurrence of the error. The study is conducted on a small population not on a large population.

## IV. FINDINGS

This study conducted with an aim to explore the perception of parents on their children's wellbeing.

### 4.1 Data analysis and coding

The data collected through in-depth interview was transcribed line by line and was analysed using 3 levels of coding. The main subordinate themes involve are:

#### Comparison with other children

All the participants used to compare their children with the other children of their age. This perception has to be changed because each individual is unique and has to be grown up by developing their own abilities and capacities, then only there will be a positive development.

One of the participants said that "I used to compare my child with her friend in the neighbourhood, when she doesn't obey her parents and does not do her works properly."

One of the participants said that "I used to compare my child with her friends when he doesn't score good marks in the exams".

## Perception about the effect of modern technologies

Most of the participants have said that the modern technologies are badly affecting their children's studies and behaviours. They are accepting the good qualities and the importance of that in the current world.

One of the participants said that "I won't buy and give a mobile phone or any other gadgets at this age of adolescence because that things change his daughter's interest from studies and other extracurricular activities".

One of the participants said that "My son is focused on it all the time and he is lacking from his good health and good relationships".

## Perception about the physical and mental health

In the participants view the physical health is very important for the development of the children in adolescent period. One of the participants said that "My daughter doesn't take any healthy food properly; we have to compel her every time to eat completely and does not do any kind of exercise".

A good physical health will lead to a good mental health. Proper exercise and having healthy foods are necessary for the better development of their physical health, especially in the adolescent period. Most of the parents said mental health of the children is somewhat good, but they are going through much confusion.

## V. DISCUSSION

The aim of the study is to explore the perception of parents on their adolescent's wellbeing. It was a qualitative study and the data collection is done by open ended semi-structured interview, the data is transcribed and analysed using thematic analysis method. The study was conducted on 10 parents of adolescent children.

Parents' experience being parented, along with the amount and quality of their experience with children influence the perceptions and responses parents have about children's wellbeing. Many parents develop a perception that preserves a positive view of their child, describing a positive wellbeing and some of them have the perception that may lead to a negative wellbeing. The earlier experiences of the parents when they were in the adolescent period and how their parents treat them have a greater influence on the perception they have now about their own children.

Most of the parents have a common perception about their children's wellbeing. As the study sample was from rural area there are many stigmas on the development of their children. The parents who consider their children as a unique person is very low. Most of the parents compare their children with the others. This may lead that particular child to a negative development.

The parents are arguing that usage of technologies is bringing their child to a negative development. It is reducing their interests and energy of their child. The children's mental and physical health is good. But as they are adolescents, they face some stress and poor energy. They do not take healthy food and regular exercise.

The parents are very much concerned about their beliefs and attitudes. They are trying to impose those values and beliefs on their children. Adolescents are period of rapid growth, they are going to be the next generation, so a positive development have to be there.

## Research question

### What are parent's perceptions towards the well being of their children?

Almost all of the parents had the same perceptions about the development of their children. Many parents have the perception that their children have to be developed as they have grown and developed. The parents used to compare their children with the other children of their age. This may make the child inferior, cause self-doubt, jealousy will take root, breed negativity, and damage parent-child relationship and they may develop the feeling of less self-worth. When the child become subjective to comparison, the child may struggle to develop as a fully functioning person due to conditioning positive regard in the form of comparison. Every child is different and comparing them at each step will just not help. They should be taught to better themselves with each day, not to be better than their counterparts. The parents compare their child generally with the intention of motivating their child to excel. But it produces a contradictory effect where the child feels low because it hurts the self-esteem. Competitiveness is good in a child but teaching them to be better than their counterparts



can sometimes be counterproductive. These may cause decrease to the gradual growth and a positive development.

They wanted their child to grow as they have grown at that time. They provide all the facilities to their children for their development but the children are restricted in the boundaries of the perception that their children must follow their path in their development. The parents are modelling the behaviours of their own parents. These have a powerful impact on the development of the children. The parents have the important role in the development of children, especially for adolescents. Because in this period more confusions will occur and if their development is not moulded by the parents positively, they may develop a negative wellbeing.

## VI. Conclusion

The study is a relevant one in the present society because this will promote the parents to understand about the mental, physical and emotional development of the child and helps their child to exhibit optimistic and confident social behaviours and this may lead the children to have a positive wellbeing. Most of the parents have a common perception about their children's wellbeing. As the study sample was from rural area there are many stigmas on the development of their children. Through the study about the perception of parents it is understood that the parents wanted their child to have a good wellbeing and a positive development but some of their perceptions may lead their children to negative development. They wanted their child to grow as they have grown at that time. They provide all the facilities to their children for their development but the children are restricted in the boundaries of the perception that their children must follow their path in their development. They used to compare their children with the others, have a perception about the modern technologies that it may affect their children's wellbeing negatively, also they have the perception that they lack a good physical and mental health.

## VII. Recommendations and Implications of the study

- Promote awareness for parents to improve the way they grow their children to have wellbeing and give motivational classes on positive development of the child. According to my study some of the perceptions of the parents may lead their children to a negative development, so more interventions and classes have to be provided for parents also. This may help them to change or improve their perceptions towards their children's wellbeing.
- The school counsellors should also care about the attitudes and perceptions of the parents of the children; this may help to have a positive development for the children.

## VIII. ACKNOWLEDGMENTS

The author(s) appreciates all the people who have successfully contributed in ensuring this paper in place. Their contributions are acknowledged however their names cannot be mentioned.

## REFERENCES

- [1] Ainbinder, J. G., et al. (1998). A qualitative study on 'Parent to parent support for parents of children with special needs. *Journal of Pediatric Psychology*. 23(2), 99-109.
- [2] Babuc, Z. T. (2015). Exploring Parental Perceptions and Preferences About Play: A Case Study in Erzurum. *Allen institute for artificial intelligence*. Retrieved from: <https://www.semanti.org/paper/Exploring-Parental-Perceptions-and-Preferences-A-in-Babuc/c264d7cb93d33b1fb7a851>.
- [3] Code of Federal Regulations. (2009). *Title 45 Public Welfare*. USA: US Government printing office. Retrieved from: <https://books.google.co.in/books?id=7mVb8Fx6U7oC&pg=parents-definition-20.&f=false>.
- [4]Csikzentmihalyi, M. (2019). Adolescence. *Britannica*. Retrieved from: <https://www.britannica.com/science/adolescence>.
- [5]Davis, T. (2019). What is wellbeing? Definition, types, and wellbeing skills. *Psychology today*. Retrieved from: <https://www.google.com/amp/s/psychologytoday.com/>.
- [6] Eberstadt, M. (1998). What are parents for? *Commentary*. Retrieved from: <https://www.commentary magazine.com/articles/what-are-parents-for/>.

- [7] Henry, J. (2019). Positive psychology and the development of well-being. *SpringerLink*. Retrieved from: <https://link.springer.com/chapter/10.1057>.
- [8] Kalpana. (2019). Parent-child relationship: Why is it important and how to build it. *Mom Junction*. Retrieved from: [https://www.google.com/amp/s/www.momjunction.com/articles/helpful-tips-to-strengthen-parent-child-bonding\\_0079667/%3famp=1](https://www.google.com/amp/s/www.momjunction.com/articles/helpful-tips-to-strengthen-parent-child-bonding_0079667/%3famp=1).
- [9] Lakhanpaul, M., Culley, L., & Johnson, M. (2017). To identify parent's perception of and barriers to asthma management in children from South Asia and while British families. *BMC Pulmonary medicine*. Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5607610/>.
- [10] Robertson, I. (2018). What is psychological wellbeing? *Robertson cooper*. Retrieved from: <https://www.robertsoncooper.com/blog/what-is-psychological-wellbeing/>.
- [11] Summers, K. (2018). Perceptions of parents and the young adults with disabilities regarding post-secondary education. *Digital Commons*. Retrieved from: <https://digitalcommons.usu.edu/gradreports/1333/>.
- [12] Wentzel, K. R., & Wigfield, A. (2009). *Handbook of motivation at school*. New York: Routledge Publishers.
- [13] Zukauskienė, R. (2014). Adolescence and Well-being. *SpringerLink*. Retrieved from: [https://link.springer.com/referenceworkentry/10.1007%2F978-90-481-9063-8\\_67](https://link.springer.com/referenceworkentry/10.1007%2F978-90-481-9063-8_67).

