

A Study of the Parent-Child Relationship during Lockdown Period in India

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ABSTRACT

As Covid-19 has hit the entire global economy in 2020 which restricted the entire Global citizens to stay at home. They were forced by their respective Governments to remain in lockdown for a specific period of time. In that lockdown period, when all the family members stayed under one roof, the nature and the intensity of the relationship has undergone a transformation. So, in this study the researcher will examine the responses of the 103 parents towards the relationship they shared with their respective child through a self-constructed Google form. The descriptive study method is employed under which the data has been randomly collected. The corresponding responses will be presented through Pie diagram. In general, the responses have specified that the relationship of parents with their children has been strengthened.

Keywords: Covid-19 Pandemic, Parent-Child relationship and Lockdown period.

Introduction

Parent-child relationship is a support system which brings up the physical, emotional and social development in the child. It is an exclusive bonding that every child and his/her parent experience, relish and nurture. This relationship paved the way towards the foundation for the child's personality, choices and overall behaviour. As this relationship is experienced by many in a set pattern but the sudden outbreak of global covid-19 pandemic has made all the family members to stay together 24x7 as complete lockdown have been imposed by the Indian government from last week of March 2020 to mid of June 2020. This complete lockdown has forced all of the family members to live under one roof as all of us were restricted to go outside. This scenario changed the picture and magnitude of the relationship among members of the family. Today, we will discuss one of the most significant relationship that parents share with their child and the changes it underwent during the lockdown period.

Review of the Related Literature

Times of India (2020)- The telephonic survey participated by 130 families in the Thrissur district was conducted during the lockdown in the wake of covid-19 pandemic. The survey found that parents are getting to spend more time with their children and it provides positive parenting. The main highlight of this lockdown is that families are locked together in homes, which has triggered positive parenting styles by parents unconsciously because of the reduced stress due to a break in the normal routine and they are getting to spend more time with their children. This has brought the parents and children closer and children are enjoying these moments, said the survey report. Families in which positive parenting style is followed, children are happier and confident. The parents feel more fulfilled and less stressful to manage their children. They have begun to realize that a strong parent-child relationship can help make better choices in life and improve the overall behaviour of their children, said the report. **Sahithya, B., Kashyap, R.S., & Roopesh, B.N. (2020)-** examined the stress experienced by parents during covid-19 lockdown. This study was cross-sectional in nature using the online survey method conducted in the month of April 2020. Parents were sent a survey link and were requested to fill the self-designed questionnaire, Parental Stress Scale and Perceived Stress Scale. A total of 227 parents filled the forms, out of which 196 were complete. Results- Majority of the parents reported moderate (63%) to high (4%) perceived stress since the covid-19 lockdown, 37% reported feeling more stressed as a parent after the lockdown, and 8% of the parents said they needed to talk to counsellor or psychologist. Mothers, parent of children with developmental disorders, and parents who had interpersonal difficulties with spouse and children had significantly higher perceived stress and parental stress compared to parents without these difficulties. Both perceived stress and parental stress were significantly associated with shouting, yelling or screaming, spanking a

slapping the child, preoccupation with worries and difficulty in focusing on parenting and disciplining the child and excessive time on TV or video games in children. Conclusion- The results offer primary data-based insight into the impact of COVID pandemic on families in India. **Uzun, H., Karaca, N.H., & Metin, A. (2021)**- study aimed at describing the relationship of parents with children between the ages of 4 to 16, with their children during the covid-19 process, based on the views of parents. Study group of this research consists of 219 mothers and fathers who have children between the age group of 4 to 16 and living in different cities of Turkey in covid-19 process. Demographic information format and Child Parent Relationship Inventory were used as data collection in the study. In the analysis of the data, frequency, percentage, standard deviation, t-test and one-way ANOVA statistical techniques were used. In conclusion, as the result of the study conducted to determine the mother-father-child relationship in COVID process, it was determined that there is no significant difference by age variable in father's PCRI total and sub-dimensions, there is a significant difference between the age of the mothers and their role sub-dimension, there was no significant difference between fathers educational levels and PCRI and its sub-dimensions, however, there is a significant difference in discipline, autonomy, participation and role sub-dimensions according to the education level of mothers and there is a significant difference between mother's and father's family income variable and fathers satisfaction subscale. Also, no statistically significant difference was found in the variables of how many days the families were in quarantine during the quarantine process and the frequency of staying at home or going out. In addition, while there was no difference in the scores of fathers regarding who is taking care of the child during the quarantine process, a statistically significant difference was found between the scores obtained by the mothers in the support sub-dimension of PCRI scale. **Sonker, M., Branje, S., & Mastrotheodoros, S. (2020)** - The current longitudinal, multi-informant and pre-registered study used data of 240 Dutch parents and adolescents. Using latent change score models, we examined how parent-reported parenting and adolescent-reported relationship quality changed over a six-month period, from the free covid-19 to the covid-19 period. Moreover, we examined the moderating role of parents and adolescents covid-19 related stress, coping and the interaction between stress and coping on relationship change. Results- showed that on average both the amount of warmth and conflict in parent- adolescent relationships decreased. For positive parenting, there was a significant interaction effect of stress and coping, with active coping leading to a mitigated decline in the quality of parenting only in families who experienced low levels of covid-19 related stress. **Megawangi (2014)** states that children with an insecure attachment will find it difficult to regulate their emotions so that if some restrictions or desires are not fulfilled, the child will whine, cry out loud, roll around or even rage (temper tantrum). Conversely, children with secure attachments will have the ability to regulate emotions. This will bring a positive influence on the emotional and social development process of children. Therefore, attachment of the mother not only transmits physical warmth but also cognitive and affective shared. **Conger et al. (2002)** - children who spend time with their parents form important emotional bonds as the foundations of their social and emotional skills. According to the **Rini (2002)**, many parents are not consistent in educating children also influence the attachment that is built up in children. For example, at one time the parents punished very harshly but at other times fulfilling all the wishes of the child. Uncertainty in parental attitudes makes it difficult for children to build emotional and physical attachment. Parents unpredictable attitude makes children confused and unsure and hard to believe or obey parents. According to **Borba (Azhar, 2009)**- states that the family environment, especially parents, is the first environment known to a child so that parents play an important role in creating the environment to stimulate the full potential of children to develop optimally. The loving atmosphere, willing to accept children as they are, appreciate the potential of children, provide rich stimulation for all aspects of child development, both cognitive, affective and psychomotor, all of which are real answers to the growth of superior generations in the future.

Statement of the Problem

“A Study of the Parent-Child Relationship during Lockdown period in India.”

Research Objectives

- * To study the general behaviour of the children during lockdown.
- * To analyse the parent-child relationship during the lockdown period.

Operational Definitions

Parent-Child Relationship - Parent-child relationship consists of an amalgamation of behaviour, feelings and expectations that are exclusive to a specific parent with his/her child.

Lockdown Period - It may be defined as that period in which an emergency protocol has been imposed by the concerned authorities that has restricted the people from leaving a given area.

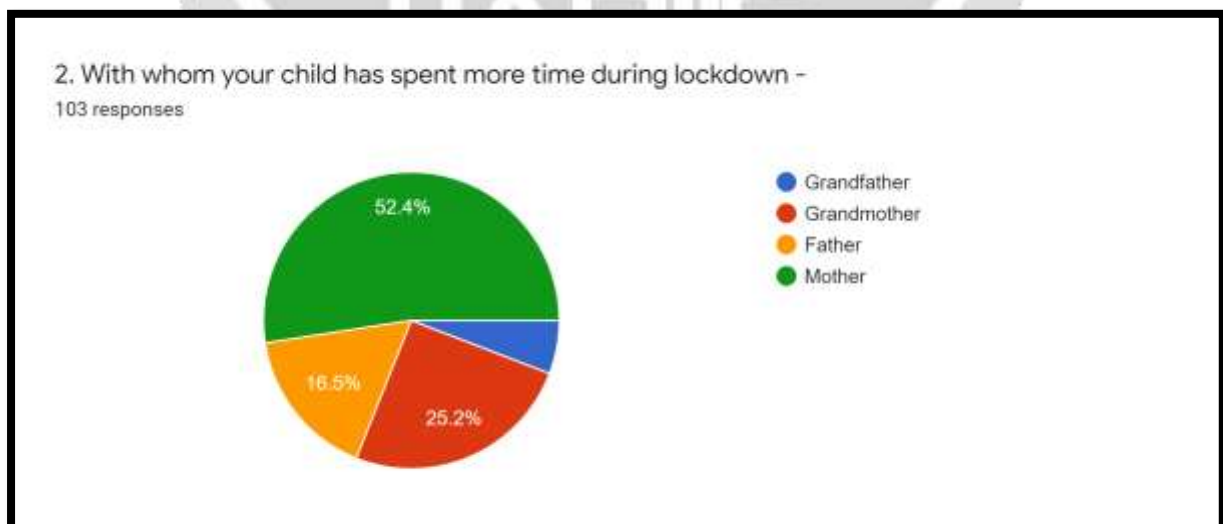
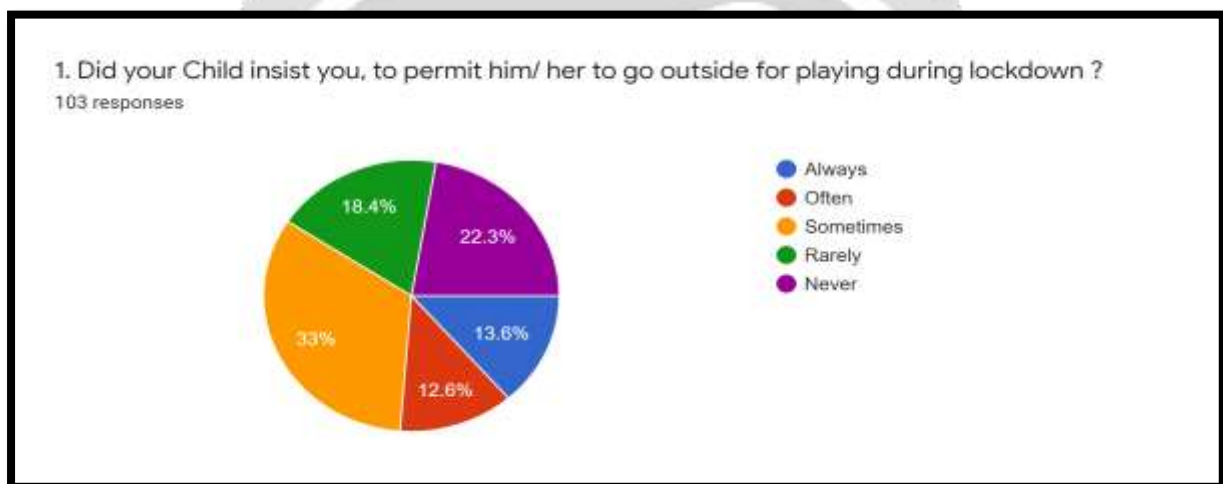
Sample and Procedure

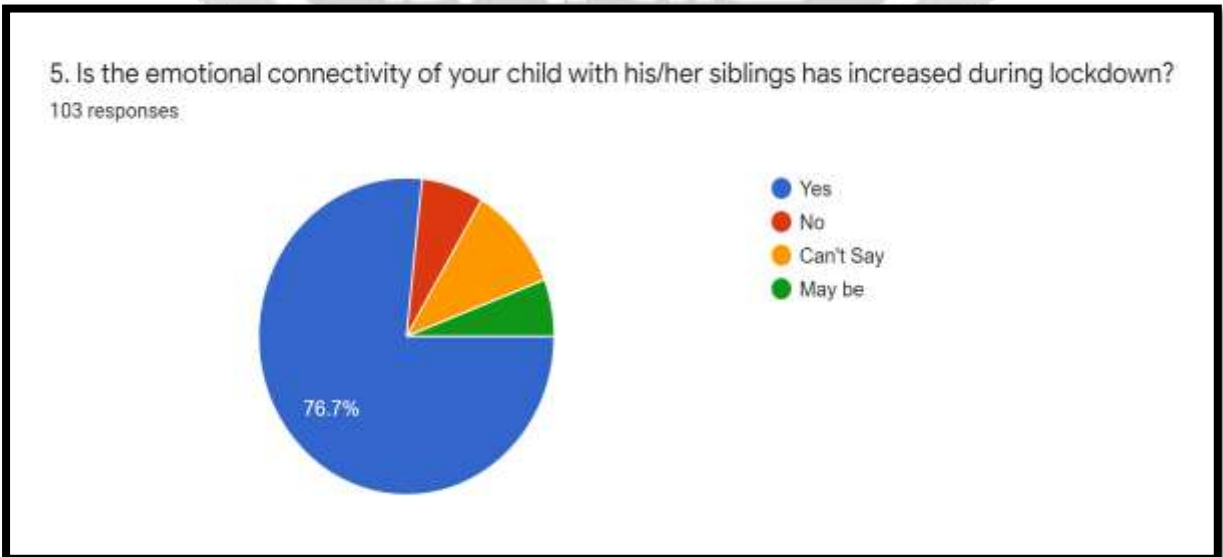
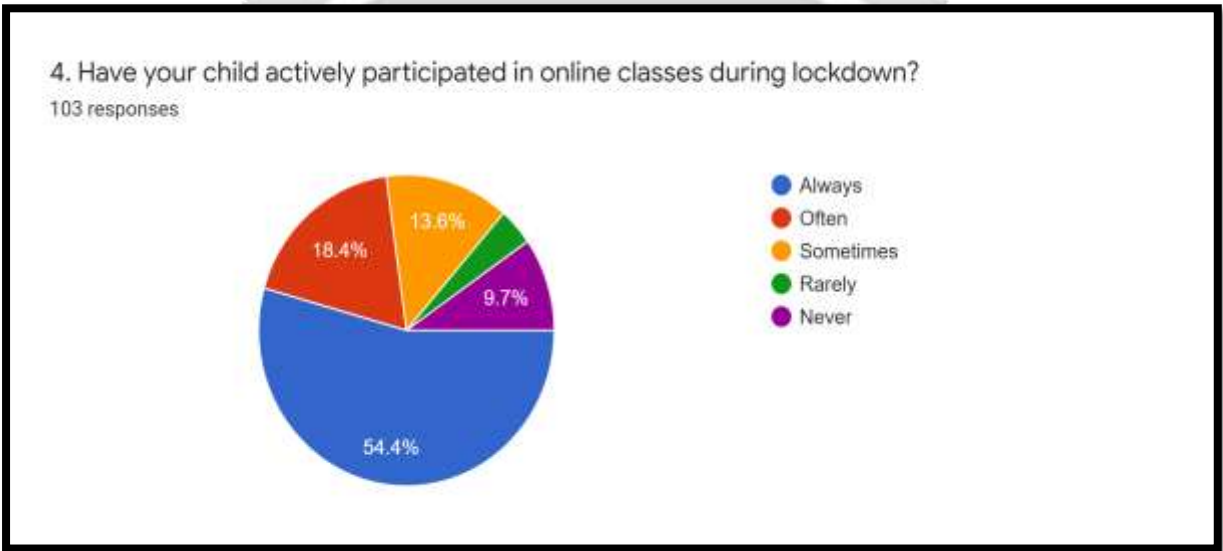
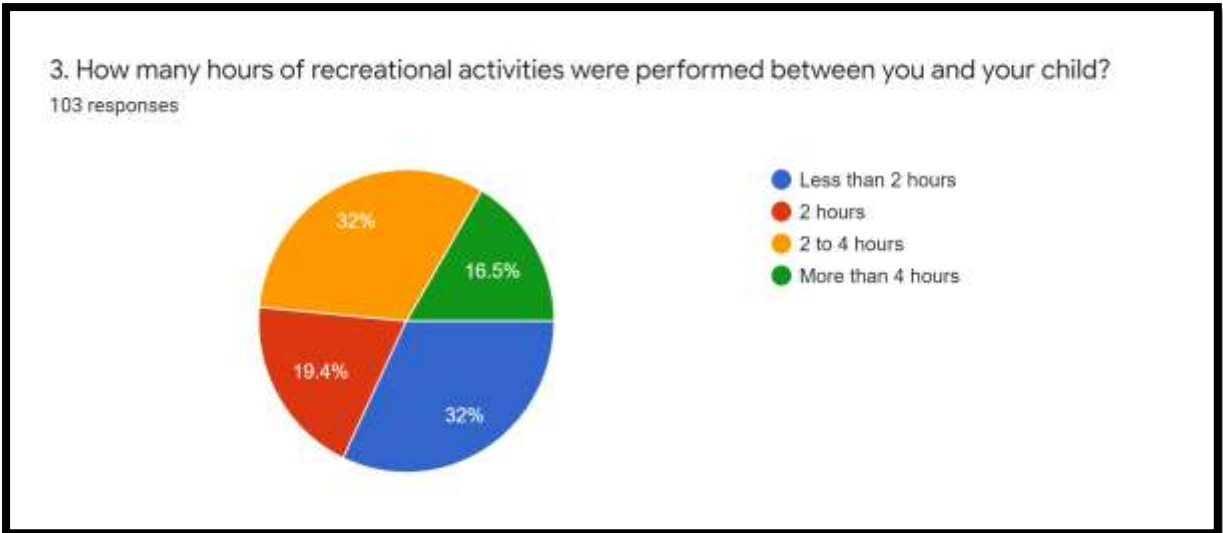
Sample consisted of responses of 103 parents only which were randomly selected from Haryana state only. The responses of the concerned parents were collected through self-constructed Google form.

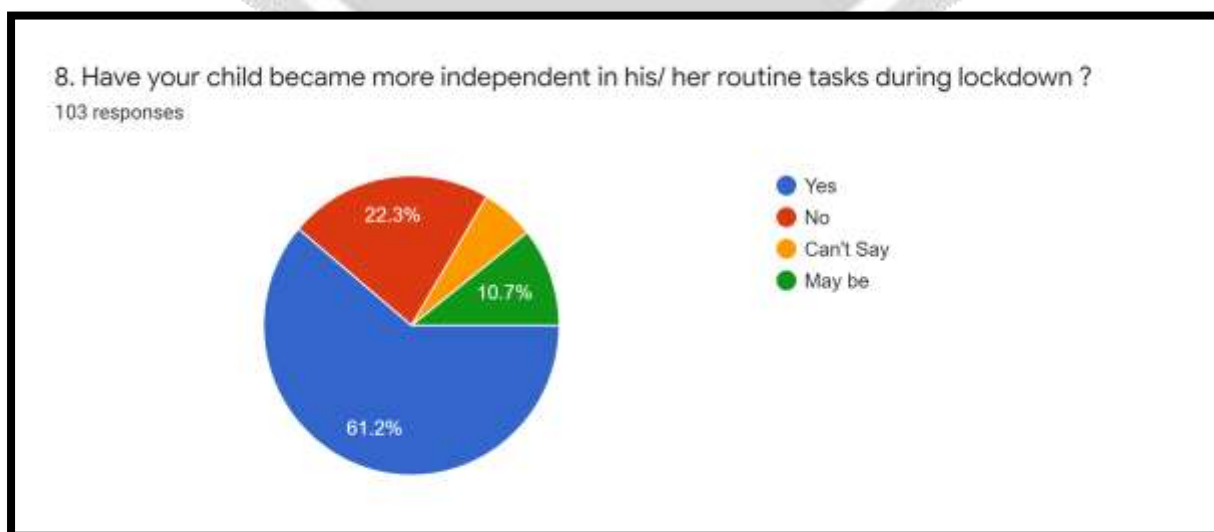
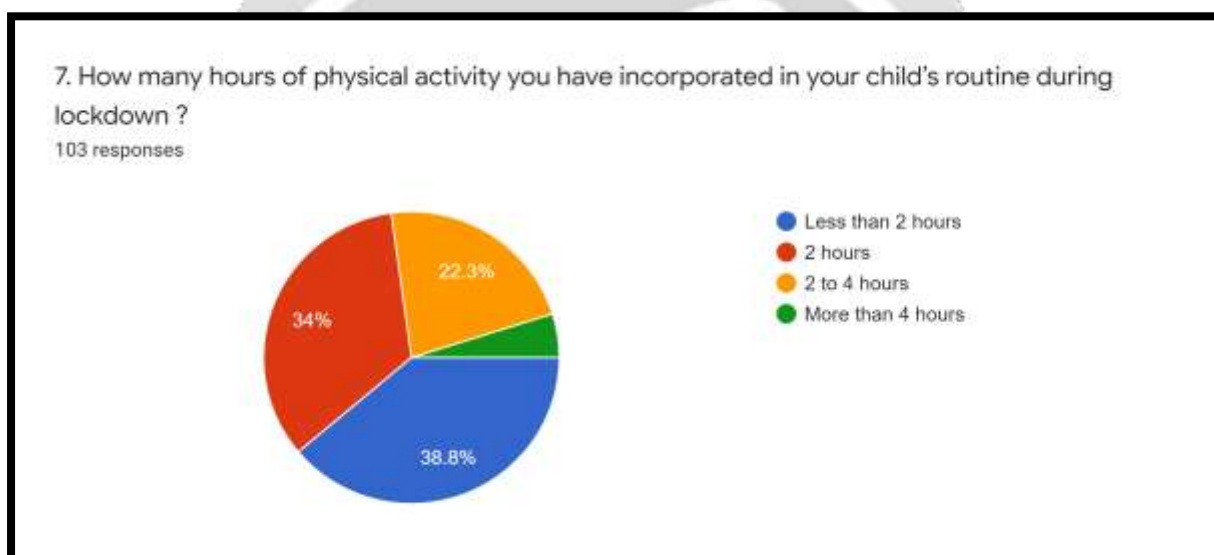
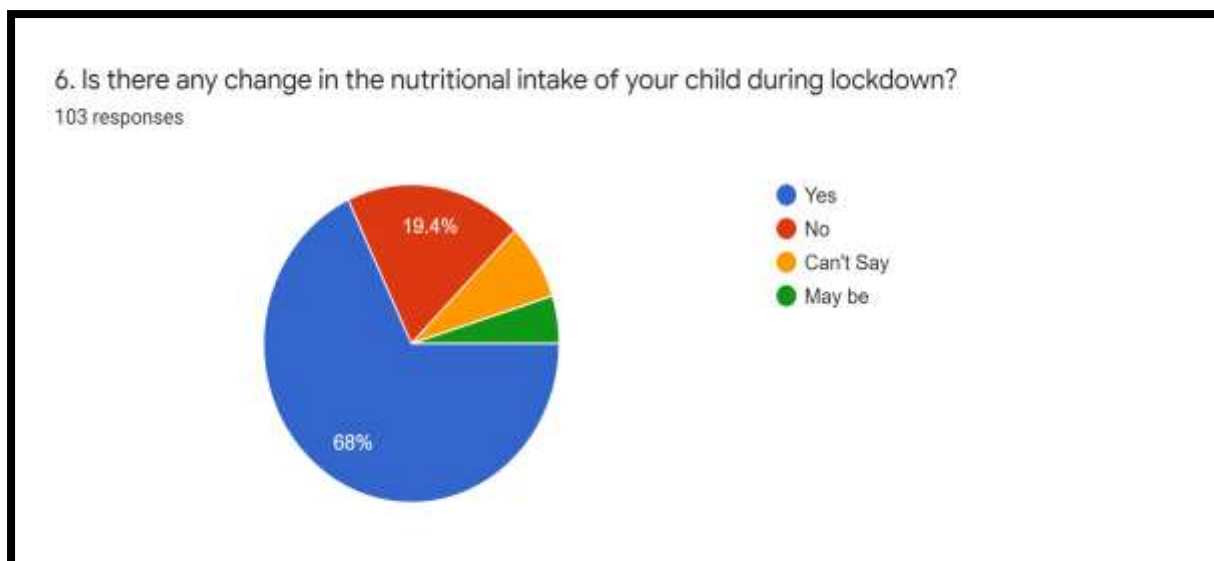
Statistical Techniques Used

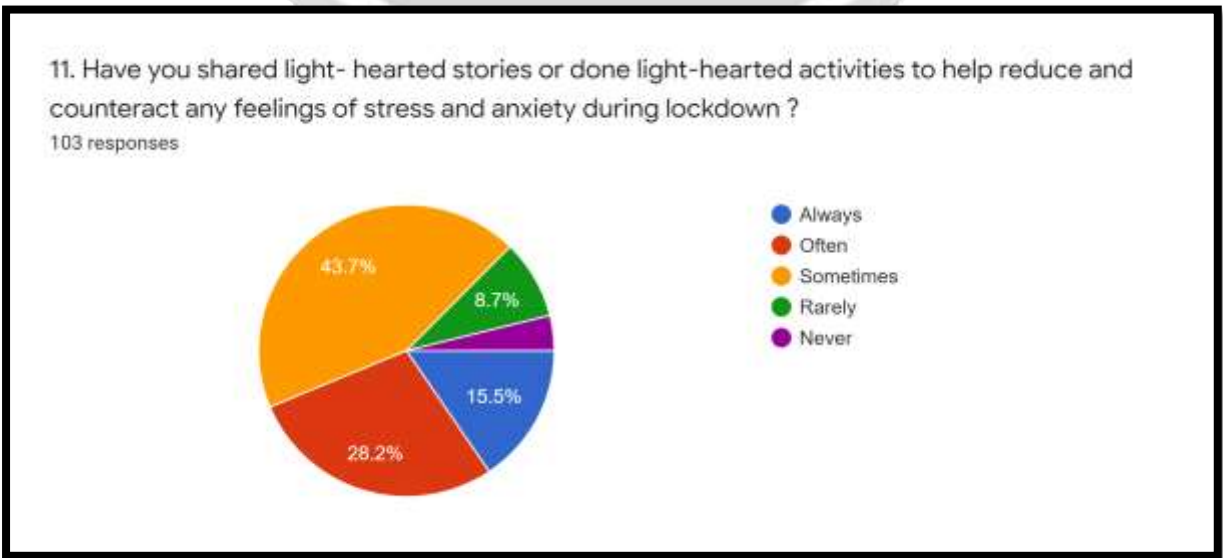
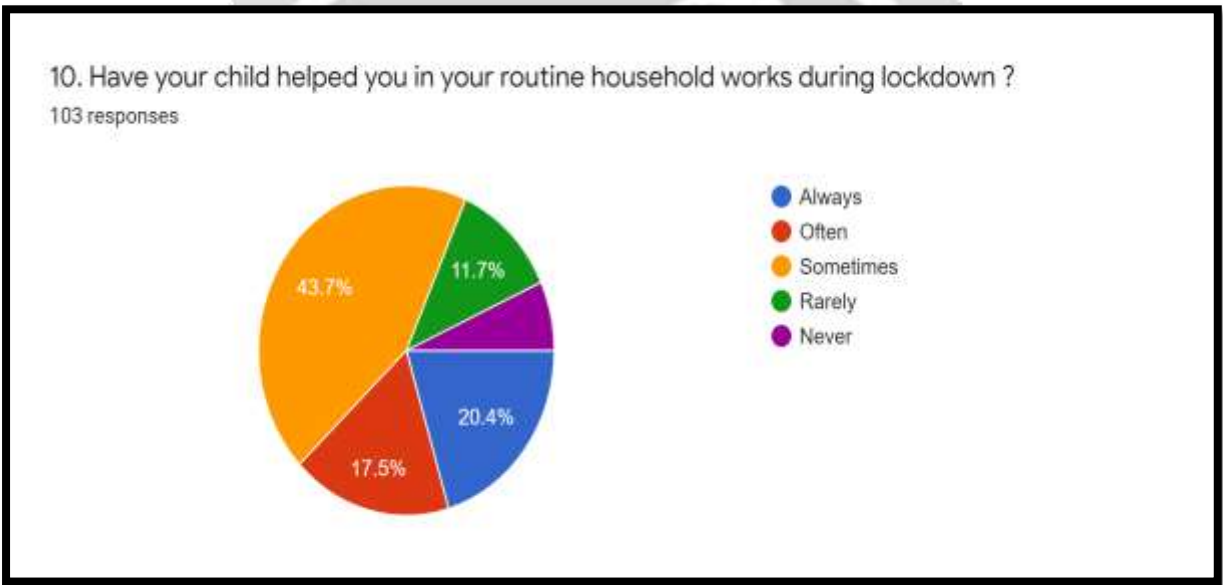
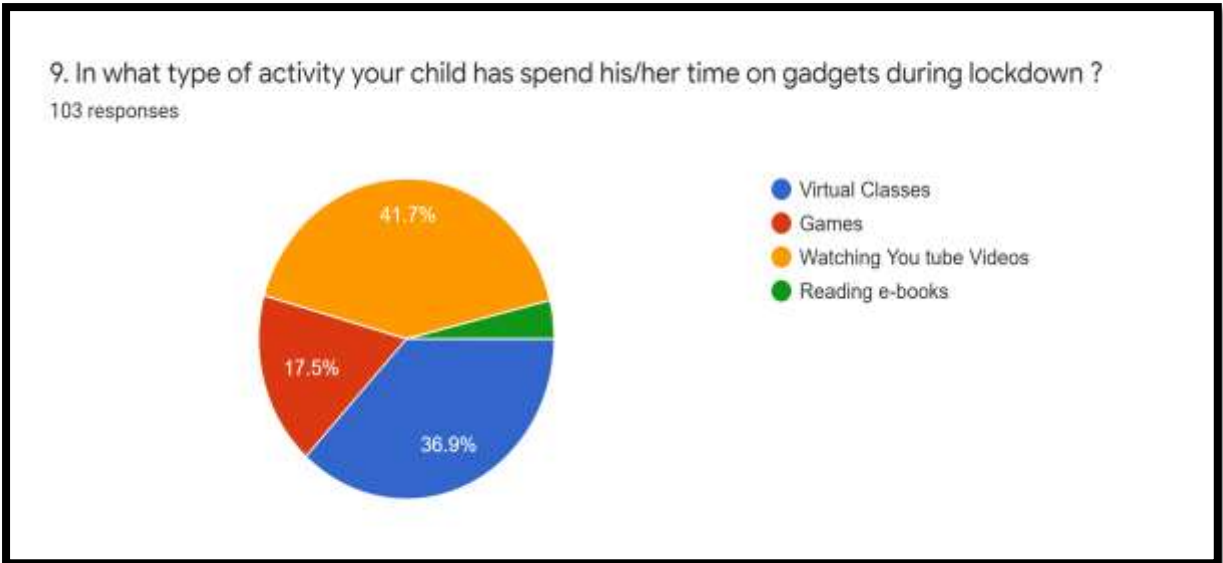
Diagrammatic Presentation: Pie Diagram

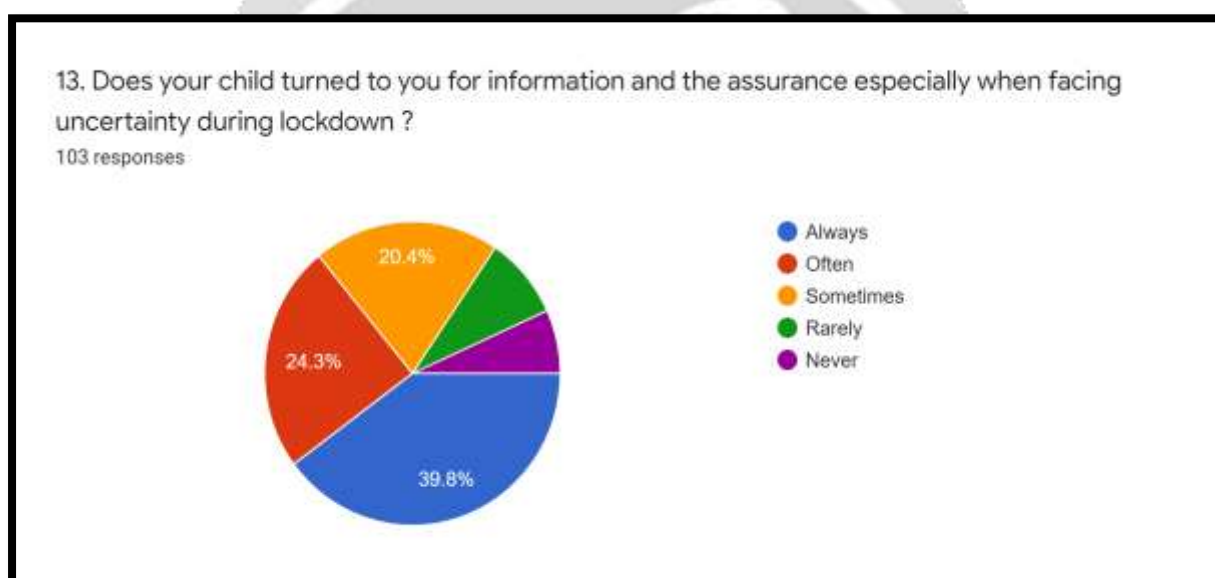
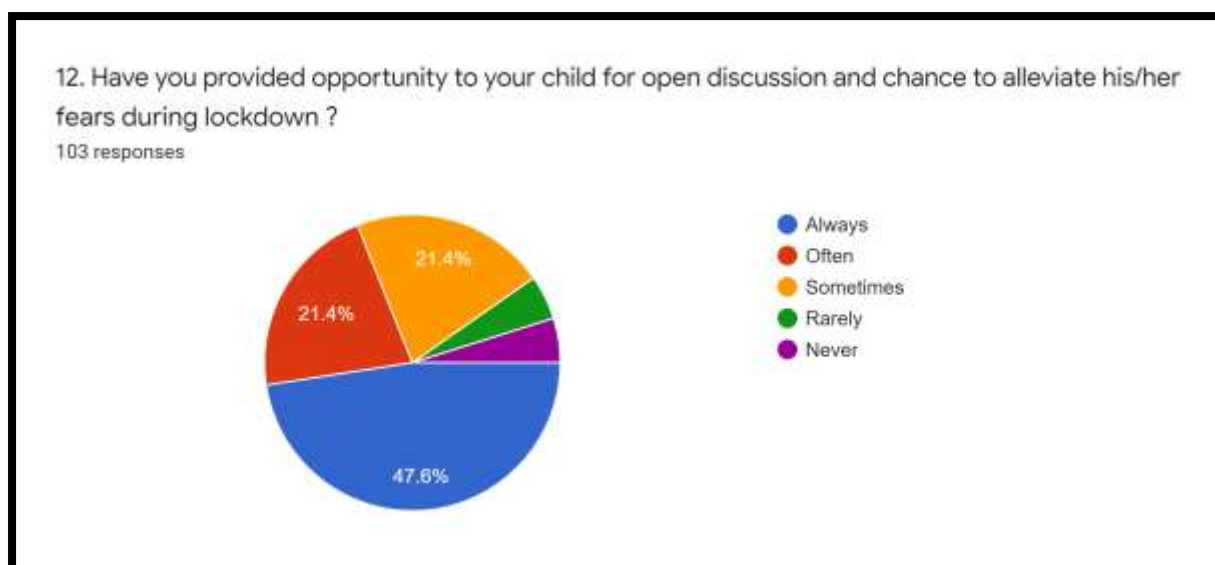
Data Analysis











Findings of the Study

F1: Most of the children didn't insist to go outside during lockdown.

F2: Majority (52.4%) of the children has spent time with their mothers.

F3: 51.4% of the children has performed 2 hours or less than that time in the recreational activities.

F4: More than 50% of the students has always participated actively in online classes during lockdown.

F5: The emotional connectivity of the child with his or her siblings has increased significantly. 76.7% of the child responded yes in it.

F6: 68% children have responded positively regarding change in the nutritional intake.

F7: 72.8% of the parents has incorporated two hours or less than that in their children's physical activities.

F8: 61.2% person has said that their children have become more independent in his or her routine tasks during lockdown.

F9: Compared to other options, largest number of children (41.7%) has spent his all the time on gadgets in watching YouTube videos.

F10: Majority of the children has not helped in routine household works during lockdown.

F11: Majority of the parents has not shared light-hearted stories or done light-hearted activities to help reduce and counter act any feelings of stress and anxiety during lockdown.

F12: Majority of the parents has provided open discussion and chance to alleviate his or her fears during lockdown.

F13: Majority (64.1%) of the children has turned up to their parents when facing uncertainty during lockdown.

Delimitations of the Study

- This study is restricted to only 103 parents.
- As Google form has been used as a tool for data collection, so it caters only to the educated parents.
- This study is delimited to only parent-child relationship.
- This study is only confined to the lockdown period.

Conclusion

Study has concluded that the child relationship with his or her parents along with his or her siblings has strengthened. In terms of the recreational and physical activities not much has been done and on the other side they have spent most of their time in watching YouTube videos. So, one can say that as every coin has its two sides same thought was applied in this lockdown phase. The phase has showcased some positive and negative changes in the child's behaviour along with their relationship he or she hold in his or her respective life.

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