

HOME AND FAMILY ARE SAFETY WORLD FOR EVERY CHILD

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ABSTRACT

Home is the most significant single environmental influence on the child's development. The child's world is typically limited so the important influence on him springs from within the family. It is in the family that the child's foundation of good physical and mental development, healthy character and personality are laid down. Family living gives meaning and purpose to life and it provides the depth of experience that helps the child to appreciate the continuity of life. In a broad sense, it may be said that the home sets the pattern for the child's attitudes towards people, things and institutions. The child identifies himself with his parents, imitates their behaviour and learns to adjust to life as they do. Though the later influences modify the child's Home is the place the child comes back to with his experiences; it is the lair to which he retreats to lick his wounds, the stage to which he returns to parade the glory of his achievements, the refuge he finds in which to brood over his ill-treatment, real or fancied. In other words it is the place to which one brings the everyday run of social experiences to sift, to evaluate, to appraise, to understand or to be twisted, to fasten or to be magnified or ignored as the case may be. What a child learns during this period gives direction to his development. Early learning is thus critical in personality development and the boundaries and the contents of that learning are largely determined by home-life.

KEYWORDS: Family, Home Life, Child Development.

Family life is bound together by the most compact interlacing of personal relationships. It includes the multiple relationships between the father and mother, father and child, mother and child and siblings and child. The foundations of children's social attitudes and skills are obviously laid in the home. Patterns of dependence-independence and submission-domination, co-operation, competition and conservatism-liberalism, have their genesis in early parent-child interactions within the home. Affectional tendencies which are so important to psychological adjustments in adult life are dependent on the nature of parent-child relationships. Parental love creates a sense of trust in children which is the important foundation of a healthy personality. Home influences outweigh the effects of all other environmental impacts combined in determining the fundamental organisation of children's behaviour. The greatest socialising agency in all contemporary cultures is the home. The positive and negative reinforcements that the growing child receives in the home determine in a large measure his behaviour tendencies, his personality characteristics and his general orientation towards life. The optimum environment for the young child is one in which he is cared for in his own home in the context of a warm, continuous, emotional relationship with his own mother. An adequate home environment does influence positively the development of the child. It offers one a sense of security and a feeling of inner happiness which is vital and very essential for proper emotional development.

It is a recognised fact that the best environment for a developing child is a normal home. Although the meaning of the term "normal" differs from country to country due to differences in cultural, social and economic patterns, there are certain fundamental characteristics that determine whether or not the family situation provides for a normal home-life. Basically, a well-adjusted family does not only provide to the child the essentials of life as food, shelter, clothing and protection but also love, sympathetic understanding and the feeling of belonging. These are important aspects for the emotional development of the personality of the child and his talents so that he will grow to be a well-adjusted and mature adult capable of developing relationships with others, and of fulfilling his responsibilities as an adult member of his society. The family must also transmit to the child the culture and values of his society.

Our families are one of the most important things in our lives. Researchers have observed that in all the societies they have studied, family plays a crucial role in the success of individuals. A family's influence on young children can last a lifetime in many ways. Healthy families are the building blocks of a healthy society.

a) Family Is The Key To Success In Life

A Harvard University study conducted in 1938 tried to determine the secret of raising successful kids. 268 male Harvard students were tracked for 70 years in the Harvard Grant Study, the first of its kind. Their mental and physical health was analysed, as well as their successes and failures. One clear conclusion emerged – family is important because **a successful and happy life** depends on having a loving family and healthy relationships.

b) **Family Relationships Lay The Foundation For Future Relationships**

Human beings are social creatures. We are wired to connect with others and to thrive in strong relationships. Children's first relationships are with their parents. In their early years, a child forms a strong bond with their parents which shapes the way they view themselves and others. Strong parent-child relationships help children develop a sense of security. The quality of these close relationships will influence the child's ability to form and maintain relationships in adulthood. If this relationship is strong, a child will be more likely to **successfully navigate and form meaningful future relationships**.

c) **Family Can Change Brain Development**

A child's early experiences establish either a sturdy or fragile foundation for behavior, learning, and health. For younger children, family life makes up a large portion of their early experiences and parents are their first teachers and role models. Children's brains develop over time, from bottom to top. Stable, nurturing, and responsive parents, as well as a positive family experience, contribute to the **healthy development** of children's brain architecture. A healthy family made up of good parenting is found to be associated with better emotional regulation, **obedience, academic performance, social competence, and resilience**.

d) **Family Can Strengthen Mental Health And Wellbeing**

During adolescence, peer influence starts to overshadow parental influence, but the strength of families continues to play an important role in shaping adolescents' development. Having a strong family with positive relationships is associated with **lower levels of adolescent depression and delinquency**. Psychological disorders, externalizing behaviors, and depression among teens are significantly reduced with parental support. Moderate levels of control and monitoring also seem to **prevent antisocial behaviors in teens**. Studies also find that good family tradition **fosters adolescents' sense of identity and promote self-esteem**. Positive family ties lead to a lower level of conduct disorders and a stronger sense of family cohesion, which helps them endure difficult times and disruptions. On the other hand, negative family relationships in troubled families during adolescence have a negative impact on adolescents' impulse control and on their mental and emotional health as adults.

e) **Healthy Family Relations Predict Life Satisfaction**

The family continues to have an important influence on a child's life as they grow up. An Indiana State University study examined life satisfaction levels at various stages of adulthood from early adulthood (ages 22-34) to late adulthood (ages 65 and older). They found that strong family life was one of the **strongest predictors of life satisfaction** at each stage. Psychological well-being and life satisfaction are closely related. Having quality time with family and participating in family activities together can have a positive impact on one's mental well-being.

f) **A sense of belonging**

A home is often looked upon as an asset that inflates in value over time. While this may be true, when looking at it as a sanctuary, a home's true value may seem priceless. For children, having their own home would equate to a sense of assurance and belonging. This feeling of belonging can manifest in a number of ways in a child's life. Stronger leadership instincts, greater independence, self-confidence to try new and difficult challenges are some of the outcomes of a strong feeling of belonging.

g) Nurturing development

Every child's development path is unique in its own way. The progression towards well-adjusted adults for some children may have striking similarities and contrasting differences. This divergence in development among children calls for individual nurturing techniques for every child at the pace that fits them perfectly. Homeowners can focus on their child's specific needs without being rushed or overwhelmed into taking decisions that may be detrimental to their growth. In addition, homeownership calls for a greater sense of community where individuals within the community play a crucial role in the development of a child shaping their personalities for life.

h) Fostering overall health

Research indicates that there is a direct impact of homeownership on a child's physical health. While some parts of the study do show exceptions to this theory, a major portion does point to the direct correlation between a child's overall health and homeownership. This is based on the premise that in general homeowners have a greater incentive to maintain their homes and their surroundings at a higher level when compared to renters. The study showed that societies with more renters than house owners tended to have worse housing conditions, which resulted in lower levels of health awareness and conformity to hygiene standards. These health outcomes were conditions that were directly linked to allergens like dust mites; toxic substances from garbage non-disposal; and other housing-related illnesses caused by seepage and dampness. Especially when considering the present healthcare climate, ensuring optimal physical health has become a top priority for individuals who look to safeguard their most precious assets.

i) Green, open spaces to ensure wellbeing

Apart from psychological development, children need to be given the space and resources to develop physically. Homeownership can provide a number of key advantages that sustain the overall development of a child. Whether it is open green spaces where children can run about freely or sports facilities like football, cricket, and even a swimming pool. The possibilities for children to pursue their interests and grow within that community are aplenty. A study conducted in Belgium found a correlation between growing in green areas and higher IQ. It suggests that children who grow with access to green areas have better cognitive skills, including memory and attention capability.

➤ Key elements in building a peaceful home life

There are three key elements in building a peaceful home life: the relationships between family members, the atmosphere of the home itself, and the way the home is run.

When a family shares principles and values, they grow together. The home becomes a foundation for the family's shared sense of purpose while providing a springboard for each member to pursue his or her own goals. In such homes, families stay up late talking heart-to-heart about what's on their minds. Children crowd around grandparents to hear stories. Teenagers debate meaningful issues with each other and with their parents. The whole family gets together — and not just on holidays — for evenings of songs, games, and reminiscing. The home becomes *alive*, a source of energy and hope, of urgency and love. It is not the tranquility of a home that makes it peaceful; it is the life within.

The ultimate beauty in a home is its emotional and spiritual warmth. There are many ways to beautify your home spiritually, to invite G-d into your home. Place a charity box in each room. Talk with your family about G-d and our responsibilities as good-hearted people. Invite guests into your home, and allow it to be used as a place of study and prayer, or to hold charitable functions or community meetings.

Each healthy home is a macrocosm of the entire universe, helping make the entire world a home for G-d. Harmony at home, within a family, translates into harmony between families and communities and nations. When there is no harmony between people who are related by blood, how can we expect to create harmony between strangers?

After many centuries of exhausting journeys, it is time for all of us to come home — to ourselves, to our families, to G-d. After the thousands of years of civilizing this world, after the millions of spiritual seeds that human beings have planted through acts of kindness, the time has come for this world to sprout like a garden — G-d's garden, a universe filled with goodness and knowledge.

Make your home *truly* beautiful by introducing spirituality into your home, welcoming guests, and talking with your family about our responsibilities as good-hearted people. Your children will grow up to remember their home as a place of warmth and kindness, where people felt comfortable to gather and talk about

things that mattered to them. In all likelihood, these children will grow into adults who will create the same sort of home.

A beautiful home must also be free from influences that can pollute its wholesomeness and spiritual grace — television, for instance. People today recognize the damaging effects that television has on impressionable children, and, for that matter, on teenagers and adults. A television must not be allowed to rule the home.

DISCUSSION & CONCLUSION

A child's environment plays a major role in their development because it includes the surroundings in which a child gains a sense of belonging and permanence. It also influences the physical development of the child according to the limits created by their surroundings. An enriching and stimulating home environment fosters healthy growth and brain development by providing a child with love, emotional support, and opportunities for learning and exploration. Growing up in a decent, affordable home can have a powerful effect on children. Studies draw a straight line between the quality, location and affordability of housing and a child's ability to thrive. On the other hand, low-quality housing — often accompanied by pests, poor ventilation, lack of heat and other detrimental factors — has been strongly linked to physical health problems for children. In addition, the stress that parents experience due to living in poor conditions can translate into emotional and behavioral problems in their children. Children whose families who are forced to move frequently in search of better, more affordable living situations often struggle. And parents paying too much for a place to live too often must deplete financial resources that otherwise could be invested in their children's health, education and futures. Studies into family life have shown that it makes people feel less stressed and more confident. It also improves their mental health by giving them a sense of belonging. Studies have also shown that people with strong family ties have higher self-esteem, are less likely to abuse drugs or alcohol, and are less depressed as well.

Homes are very important to children because they help provide the sense of belonging that children need in order to establish strong connections with their family members. They often have a home full of love and laughter, which helps them sleep better at night. Children grow up much happier with these types of good memories.

Learning for a child is of utmost importance. A child's future depends on learning and upbringing at a younger age. Socialization, language development, emotional skills developed in the child is the responsibility of a family. Children understand the language and try to speak when they hear people around them talk. Family is the first social group for the child. The child begins the first interactions with the family, learns about relationships, feelings, responses, and expressions. A family who shares a good bond has an emotional connection; can teach the child the importance of sympathy, compassion, and togetherness.

As we grow, the family becomes our financial and emotional support. A supportive and understanding family will allow the person to be successful and happy in life. The security that a family offers builds trust between the family members. A tiring day at the office, but you feel relaxed when you come back home and enjoy your time with the family. The whole family setup can change your mood very quickly. Having dinner or watching a movie, or playing sports with your loved ones, will release tension or work pressure. You can peacefully go back to the bed. On the other hand, if you had a bad day at the office and come home to a disturbed family, it will harm the mental health and lead to tensions, disturbances, and a toll on the person's wellbeing.

Many cases worldwide indicate that most people commit suicide due to the fear of being left out by the family—the fear of depression, loneliness, and rejection harm the human mind.

Also, the research says that good family dynamics will significantly impact a person's health. There is less probability of onset of illness, disability, and death. Growing up in a bad and unhealthy environment leads to poor health and development.

Family plays a significant role in one's life; it shapes a person's characteristics, values, physical and mental health. Having a happy family is one of life's most significant rewards. "Family is not an important thing; it's everything."

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