

1. Introduction-

Children are considered as future of any country hence they remain the priority of their government and parents. Children are so fragile that they need special care and attention from their parents in terms of personality development, security and affection. Each child has a right to grow independently and accordingly their needs are taken care of. Parent and child relation can easily be summed up considering behaviors, feelings and expectations which they share with mutual consent. Care of the child is considered the prime function of parents. Socialization begins very early in a child's life. Although the parents have an upper hand in shaping the behavior of children- parents and children both influence each other behavior. Parent's child relationship is very important for the all-round development of the child. A child's physical, mental, intellectual, social and moral development is dependent on good parent child relationship. Parent's interaction with their child, should be meaningful and understanding, because due to unsatisfactory parent child relationship, psychopathological deviation may occurs in childhood.

Sometimes for controlling the child behaviour parents use some easiest and spontaneous way to teach them by using of physical force to them using abusive language to them and giving them punishment all these behaviour comes under the child abuse majors they are:-

Meaning of child abuse

All types of abuse affect the child physically and mentally

All these types of behaviours are injurious to the child's mind it creates long-term difficulties, mental disability. It breaks down the child's self- confidence and results in actual and potential harm to the child.

Physical and psychological punishment

Physical and psychological punishment means to harm a child physically with an intention to cause discomfort or pain so as to correct or punish the child's behaviour it includes physical violence, pinching, spanking and so on. It doesn't include the participation of child and it gives the opposite impact on child behaviour they become grouchier or grumpy got fully irritated and this behaviour beget the fear into the child's mind.

The following are the major impact of the child abuse-

- minor physical damages,
- lower the sense of worth,
- attention complaints,
- poor peer relations
- severe brain damage,
- memory problem
- anxiety, stress, tension and depression
- feeling loneliness

- extremely violent behaviour and even death

These effects the abused children adversely but many children found themselves strong enough to manage with such unfavourable conditions.

Identify your parenting style –

There is the four main type of parenting styles:-

- **Authoritarian-** giving low support and having high control on child,
- **Authoritative** – giving high support and having full control on child,
- **Permissive-** giving high support and having low control
- **Uninvolved-** low support and neglect,

Identify which style you drift down toward logically. Conclude if there are any changes you want to make to your tactic to discipline. Research demonstrates that children raised by authoritative parents are superlative, physically strong and expressive in nature. So study what steps you might take to implement a more authoritative style.

Cannot force growth-

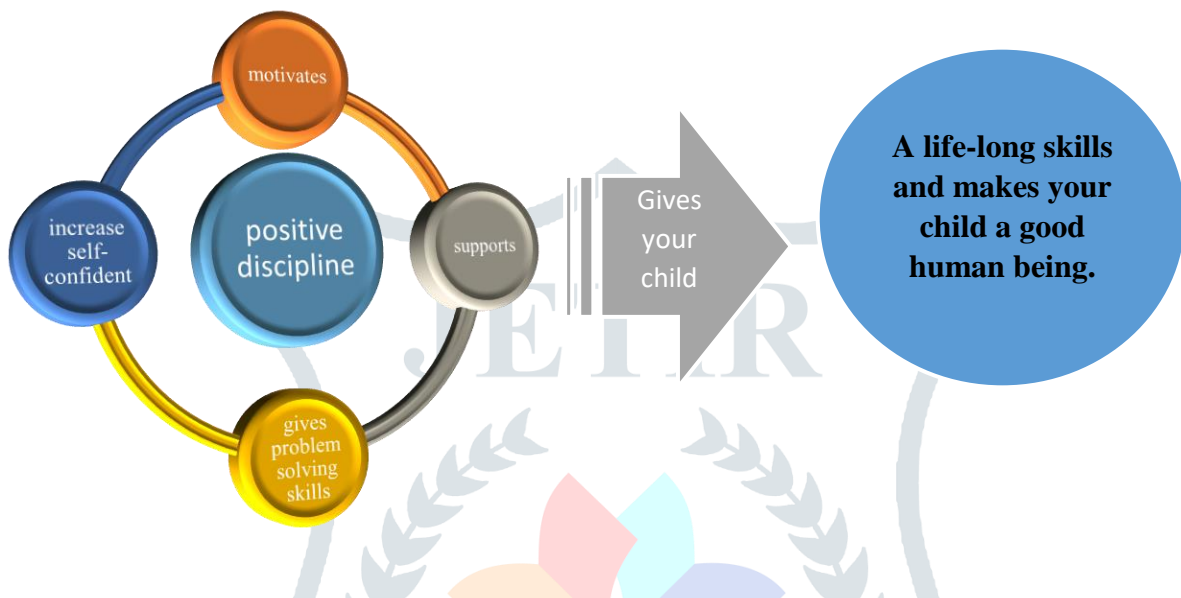
Child's brain is immature day to day every child is advancing in the direction of continuous success in their life. Every parent wants to develop and strengthen their child. But by doing so sometimes we impose our thoughts on them and use parenting force by harming them physically, without being sensible. By using parents physical superiority parents must damaging parent/child relationship, which is based on the basic trust of safety with the parent. As a result, they become impatient and use bad temper towards everyone and result become opposite.

Positive Discipline-

Discipline comes from Latin word which means “Giving guidance to teach”. The word ‘discipline’ means to convey knowledge skill. Positive discipline means to respect, heed, and reward good behavior with affection. It is all about assisting child to learn positive moral values and develop social skills for life. The goal of positive discipline is to supervisor the child to behave in socially acceptable ways. Positive discipline is essential because it promotes the child to teach him/her to take responsibility for their action and help them to make thoughtful choices. Good behavior in the way that takes to and treat child. It’s also important to know how much can expect child. Sometimes adult’s expectations go away from the child’s ability. So to know more about child’s capability interaction is important then only we can find our children’s development milestones. Many parents and teachers today are annoyed because of their children don’t behave the way they wished to in the good old days.

Positive discipline is based on the understanding the discipline must be taught. Positive discipline is a way of instruction and guiding children by sagging the knot of your relationship and setting the limits at the same time. It doesn’t require punishment. Punishment describes the methods of controlling the behavior violently which affects them bitterly and sometime child become aggressive too. Recent brain research has confirmed

that people learn best, when they feel safe and connected to others, in the context of safe relationships. The goal of positive discipline is to communicate by first creating safe relationships with children and teaching them a sense of responsibility, self-discipline, problem solving skill and cooperation. This can be done by weaning the bad behavior with love and affection. A respectful relationship between both children and adults must be strong and distinctive so that it can be effective throughout the life.



Positive discipline that builds a life-long skills by teaching courtesy, non-violence, empathy, self-respect and also respect for others. It is a long term solution which develops the child's own self-discipline.

Discipline is one of the most effective way to build:-

- Encouraging behaviors
- Self-assessment
- Responsibility
- Make them more expressive.

Best parenting skills:-

- Be a good listener Show your unconditional love
- Spend some quality time
- Be firm fair and friendly
- Be firm, not flakey in your boundaries be open to learning
- Put yourself in your child's shoes
- Be patient.
- Set a remarkable example use appreciation, not condemnation

How to improve parenting skills with positive discipline –

Parenting is one of the most important jobs of our life. Parenting gives you the responsibility of providing all the necessities to them to make every child a better and more productive adult in future. Even the best parents

have the scope for improvements. In parenting, it can be improved by methods like positive interaction, support and evading negative behaviour.

2. REVIEW OF LITERATURE

Rachel Saunders, Laura McFarland-Piazza, et al. (2013) conducted study evaluated the most effective method in supporting parents by using the positive guidance techniques or a lecture based. In this study 49, mother-child groups were made which was separated in two parts one is for lecture based and second one is for lecture-based plus hand on teaching. Result indicated that the participant's perceptive understanding of the use of positive discipline guidance improved over time rather than by using this training series. Finding showed that all the participants gained the positive parenting skills in both the groups but hand-on training incorporate the learning strategies into the parent's behaviour.

Locke Lisa M, Prinz Ronald j.(2002) observed that there is a need to strengthen the measurement and scientific understanding of positive discipline and nurturance. The study was conducted to determine the parental discipline and nurturance over the past 29 years. The evaluation was done through telephonic conversation and total 27 interviews were scheduled.

Toni L. Hembree-Kigin, Cheryl Bodiford McNeil, (1995) theory lightened about the several advantages by learning the positive discipline behavior and ensuing it. By the controlled behavior of their child, the parents will be less embarrassed and less likely to be disrupted by bad behaviors. They wouldn't have to leave their work and can live a stress free life. Also showed the concerned in the topic to making the parents life easier and maximizing the happiness and safety and also focusing on the development of the better behavior into their children.

Wiggins, T. L., Sofronoff, K., & Sanders, M. R. (2009) study examined the consequences of Paths Triple P (PTP). This was the early intrusion to promote the positive parent-child relationship. 60 parents met the criteria of disputed clinically of major disturbance between the relationship and the child's emotional and behavioral problems. They were grouped under the wait-list control group for 9 weeks and it included the parent skills training and intellectual therapy which was mainly focused on the child emotional behaviour and problems. Outcomes were evaluated which showed the reducing behaviour problems of the child and their relationship.

Oberstein, M Lesnik L Cohen., et al. (1982) They took sample of children hailing from 150 abusive and 150 children from non-abusive families, in Netherland based on the parental level of aggression high or low result indicating the type of child abuse determined by the value of total parental aggression to total parental inhibition of overt aggression.

Objectives of Study-

Part A: To assess the prevalence of abusive behavior of parents towards Children.

Part B:To assess the level of awareness of parents related with positive discipline.

3. Methodology

Locale of the study-This study was conducted in Delhi. The schools selected for collection of sample named, New Delhi is known as capital of India. It is the major political, economic and cultural center of India. It is generally named as heart of India.

Sample and Sampling Procedure-

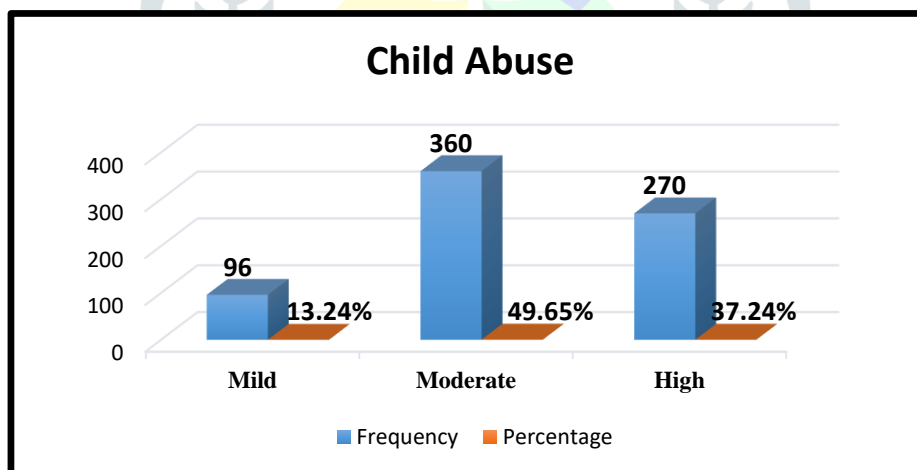
Sampling Technique- Purposive sampling is such sampling in which selection of the person is depends on its relevance to the topic of research and is chosen purposely by the researcher to meet the needs of the research objectives.

Sample Size-Randomly three schools were selected and help of these schools the 725 student's parents were selected on purposive basis. The pre and elementary schoolers whom parents were .living in nuclear family, how many parents do child abuse, and how much positive discipline awareness in parents.

4. Result

Part A: To assess the prevalence of abusive behavior of parents towards Children.

Percentage and Frequency Analysis of Child Abuse among Pre and Elementary Schoolers.



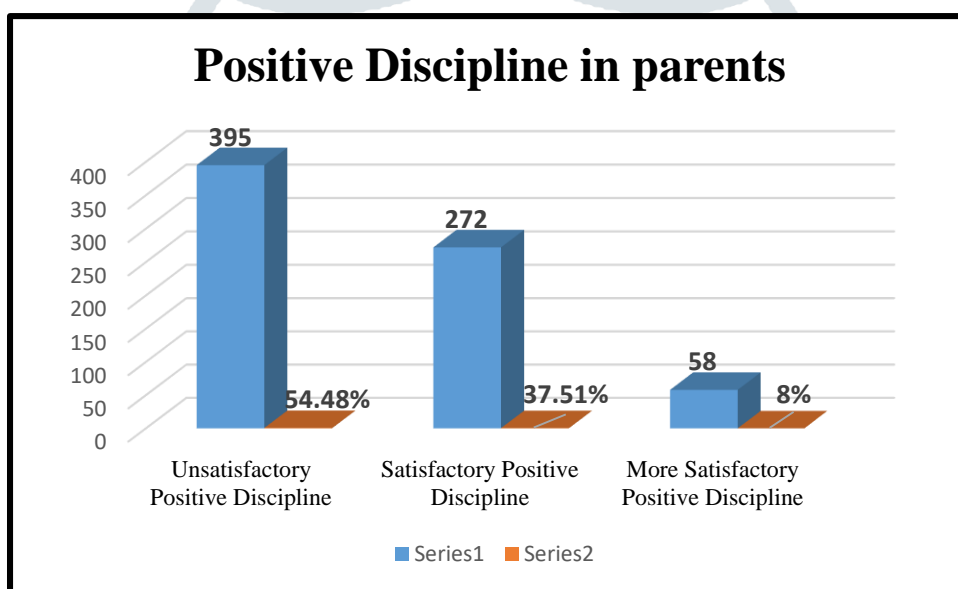
Graphical Analysis of Child Abuse among Pre and Elementary Schoolers.

The above graph shows the overall level of child abuse among preschooler and elementary school children. It reflects that out of the sample space of 725, 96 (13.24%) were having a low abuse rate, 360 children (49.65%) undergo moderate child abuse, whereas, 270 (37.24%) were having high child abuse rate. This implies that the majority of children 270 (37.24%) go through very high abuse by parents. Parents should know the repercussions of the abuse done on their child by themselves, Thus they need to be counseled on positive discipline.

Part B: To assess the level of awareness of parents related with positive discipline.

Frequency and Percentage Distribution of level of awarness regarding positive Discipline among parents of the children

| Level of Positive Discipline | Friquency | Persentege from the total of 725 |
|---------------------------------------|-----------|----------------------------------|
| Unsatisfactory Positive Discipline | 395 | 54.48% |
| Satisfactory Positive Discipline | 272 | 37.51% |
| More Satisfactory Positive Discipline | 58 | 8% |



Graphical Analysis of positive Discipline among parents of the children

The Graph indicates that 54.48% parents fall into the category of unsatisfactory positive discipline whereas 37.51% are under the satisfactory positive parenting category and only 8% are in the more satisfactory level of positive discipline. This means that majority of the parents are unsatisfactory positive parenting. The data also indicates that a significant proportion of parents are unsatisfactory positive discipline.

Results now shows that child abuse is associated with higher rates. To help reduce child abuse it is necessary to apply positive discipline parental training program

Suggestion to Parents in Positive Discipline-

- Appreciate children even for their smallest judicious suggestion and continue motivating them for deciding their long term goals.
- Parents also needs attending intervention programme related to positive discipline.
- Parents may communicate and motivate to their children by creating suggestion any situations.

- Listen to the children's point of view, during family discussions on various matters and encourage them to take a right decision.
- Appreciate children even for their smallest judicious suggestion and continue motivating them for deciding their long term goals.
- Parents should support their children and maintain harmonious environment at home.
- Parents need to develop proper parenting skills learning to tackle difficult kids.
- Parents should develop strong emotional bonding with their children.
- Parents should not have impractical expectations with their children.
- Parents must not take out the rage of their bad experiences or stress in marital bonding on the children.
- Parents must learn to separate personal and professional environment and spare time for home and family.
- Parents must control their anger and frustration and must know to control themselves.
- Parents must develop respectfulness and encouragement for children.
- Parents must give importance to child's thinking, feelings, learning skills, the decision making capacity and plans of future survival or success.
- Parents should educate themselves and their children on major social and life skills (care for others, respect, finding solutions and helping actions at home, school or at other social places).
- Focus on solutions and let your kids figure it out
- Don't make or take promises
- Help children feel belonging and significance
- Use encouragement instead of praise and rewards.
- Welcome mistakes.
- Offer limited choices
- Set limits
- Using logical consequence.
- Parents must promote children to find the capabilities within. (Promote the innovative utilization of self-power and self-sufficiency).

Prevention of Child Abuse: Child abuse has its roots deeply embedded in families, communities and societies as a whole and it is required to do efforts to reduce and if possible eliminate it. Parent child maltreatment programs and parent child interacting sessions in school, home, medical, health clinics and societies should be organized that emphasize on:

- Parenting spirit enhancement
- Removing or minimizing the social isolation
- Developing cognition of parenting and child development

- Promote positive discipline through public service announcements
- Intervention programme on positive discipline abilities attending for parents to teach them the basics of parenting which focuses on child development and the true meaning of parenting and responsibilities associated with it.
- Family strengthening programmes to enhance family bonding and to promote interactions between family members

Conclusion-

Building Discipline in parents is a great challenge these days in the education tools are given by the researcher which can motivate the parent for positive discipline. Parents, needs some form of disciplinary standards for raising their family. Earlier concept of positive discipline offers an alternative traditional discipline methods that use corporal punishment to get kids to obey. Positive discipline create affection in parent for their child which motivate in child obey. This concept can be applied to a child from birth onwards, in building their personality. Other positive discipline strategies are for encouragement and Praise. Parents can also teach child how to deal with feeling, of others problem solving, and self-esteem, manage their emotions and stress. Therefore positive discipline guides the parents a good positive behavior and let their children to rise in their life and achieve their goal also the positive thinking can help them in govern their children.

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