



# **PARENTAL negligence in childhood resulting in low self-esteem in adolescence and adulthood**

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**INTRODUCTION:** When it comes to family life, everyone strives to figure out how the relationship between parents and children can become ideal. Positive parenting techniques work well for raising children with discipline and good moral values, and are every parents' dream

**OBJECTIVE:** The objective of this research is to find out how negligence of parents during their childhood, effect a child's self-esteem in adolescence and adulthood.

**METHODS:** I used a survey type interview method for noting the results of the child's psyche after facing negligence in their childhood. Some answers were taken from the parent's side and some felt comfortable enough to share 1<sup>st</sup> hand.

**RESULTS:** The above research table clearly shows the condition of the psyche of children being neglected in their past by their parents, the neglecting of parents led to the issues in child's behaviour, and mental growth.

**DISCUSSION:** Every child seeks complete attention and love of his or her parents. However, parents may neglect them due to work stress, social obligations, personal problems and other such reasons. But parents should be considerate about the developmental barriers that could be posed due to this type of negligence.

## **ABSTRACT**

### **INTRODUCTION**

When it comes to family life, everyone strives to figure out how the relationship between parents and children can become ideal. Positive parenting techniques work well for raising children with discipline and good moral values, and are every parents' dream. However, it is not an easy feat. And it is important to know that the parent child relationship is a two-way street, in other words, it is actually a partnership between a parent and their child.

A garden with different flowers becomes beautiful when it blossoms. Similarly, if parents learn how to be a 'gardener' and are able to recognize their child's personality and nourish it, then their 'garden' will become fragrant! This is what positive parenting is all about!

When parents develop effective parenting skills, they are able to take the initiative in filling the generation gap. When parents start to understand the balance of where to place boundaries, where to encourage, and where to discourage, then their children will not get spoiled. In this way they become good parents. When people do not know how to be a good parent, distance between the two develops. With proper understanding, youth can also strengthen their relationship with their parents. Parenting is not a course of Study, it is not Skill-training Programme, it is not an art, and it is not a business but is a natural love and mutual understanding between you and your children.

Parents sometimes tend to neglect their children due to various reasons. However, this negligence influences the children severely. It can affect the development, personality, relationship traits of the children. Every child needs care and love. Parents are naturally the closest people in a child's world. Negligence from the closest people can lead to destructive character traits in their personality.

## OBJECTIVES

The objective of this research is to find out how negligence of parents during their childhood, effect a child's self-esteem in adolescence and adulthood.

## METHODS

Total no. of participants

20 subjects participated in this survey type research interview, out of which 10 were under Low-IQ range, and other 10 were in their normal IQ range.

Type of Interview

I used a survey type interview method for noting the results of the child's psyche after facing negligence in their childhood. Some answers were taken from the parent's side and some felt comfortable enough to share 1<sup>st</sup> hand.

Population Type and Survey

The age group of the subjects were from 10 years to 26years, out of which 10 subjects were below IQ level and other 10 participants were under normal IQ range. The subjects were from Pune, India.

It was a detailed discussion with the participants and their parents by forming a rapport with them; all of them were clearly informed about the confidentiality of their information and was assured about their information being safe with me.

The Interview Technique

The participants were first asked about their Age and gender and the place they are currently staying. Then I asked them about who loves them more at home, this question led to slow and steady revelation of how they felt neglected being with their parents, some of the parents accepted themselves on how they neglected their child due to various reasons, such as their Job, giving much attention to the older child than the younger one, family issues, financial issues, thinking their child to be different and treating s/he in a neglected manner and many more.

## RESULTS

How parental negligence effect the development and self-esteem of the child in adolescence and adulthood

Interview	Age	Effects on Low-IQ range	Interview	Age	Effects on Normal IQ range
SM (F)	12yrs	<ul style="list-style-type: none"> <li>- Always covering her face with hand while clicking photo,</li> <li>- keeping head down while communicating</li> </ul>	DB(M)	24yrs	<ul style="list-style-type: none"> <li>- Not interested in taking up a job, or responsibility just wishes to sit at home</li> <li>- Signs of self-obsessed behaviour and thinking he can change the world</li> </ul>
DK(M)	15yrs	<ul style="list-style-type: none"> <li>- Grandeur in front of younger children</li> <li>- Unable to mix with same age group, always finding younger to show-off</li> </ul>	SS(F)	20yrs	<ul style="list-style-type: none"> <li>- Doesn't interact with anyone for more than 5mins</li> <li>- Not wanting to do job because it requires socialising</li> </ul>
FA(F)	22yrs	<ul style="list-style-type: none"> <li>- Asking lot of irrelevant questions</li> <li>- Always back answering parents and teachers, by saying he is always right</li> </ul>	ST(M)	10yrs	<ul style="list-style-type: none"> <li>- Not being able to communicate with family members for anything</li> <li>- Money borrowing behaviour from his close ones</li> </ul>
KM(M)	10yrs	<ul style="list-style-type: none"> <li>- Repetitive behaviour of his actions, for ex. Asking same question multiple times,</li> <li>- washing hands multiple times</li> </ul>	FR(M)	15yrs	<ul style="list-style-type: none"> <li>- Doesn't participate in activities of school or society</li> <li>- Fear of people, delusion of perception</li> <li>- Zero or no concentration in class</li> </ul>
GD(M)	20yrs	<ul style="list-style-type: none"> <li>- Being Irritated all the time</li> <li>- Remain aloof from family and friends</li> </ul>	RM(F)	18yrs	<ul style="list-style-type: none"> <li>- Projection behaviour</li> <li>- Trust issues with loved ones</li> <li>- Scared of interaction</li> </ul>

## RESULTS

The above research table clearly shows the condition of the psyche of children being neglected in their past by their parents, the neglecting of parents led to the issues in child's behaviour, and mental growth. Parents sometimes might be unaware of what they are doing to the child, but it effects the mind of child subconsciously, it is very important to treat every child in an equal manner because ultimately it would cause a deep impact on the lives of parents as well as their children. Parent neglect in childhood can show drastic effects in adulthood as the child is used to not getting attention, so he will not be able to treat the society in the same manner which would be harmful for his/her personal growth.

## DISCUSSION

Every child seeks complete attention and love of his or her parents. However, parents may neglect them due to work stress, social obligations, personal problems and other such reasons. But parents should be considerate about the developmental barriers that could be posed due to this type of negligence. Some children also show eating habit changes, abusive attitude, violence or sometimes even plunge into complete isolation. While children require free scope to let their emotional and mental development boost with social activities, neglected children can withdraw themselves from social activities.

This means no friends, no social activity in life. This is a major reason for depression, suicidal attempts, deformed thought processes and misled lifestyle. As a parent, you can offer your optimum care and affection to your child to avoid such mental distortions, which can be avoided with love and warmth. If you wish to discuss about any specific problem, you can consult the doctor and ask a free question.

## REFERENCES

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