



PARENTS AND TEACHERS ATTITUDE & STUDENTS MENTAL HEALTH

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Abstract:

Introduction:

Children are like clay in a potter's hands. Just as a potter gives a desired shape to the clay in his hands, so do children become what their parents make them. This is primarily the reason why the early growing years in a child's life are the most crucial and lay the foundation for developing their nature, personality and the individual self. By and large, Teachers and parents both play an important and synergistic role in upbringing children. Teachers are the best source of knowledge whereas parents are the best guardian of all time to their beloved children.

During his early, formative years, the child has two worlds- the world of the family and the world of the school. If this world is similar, in that the values held by parents and teachers coincide, and their ways of guiding the child's development are similar, one will reinforce the other. But if they go different path than the child will be torn between the two, not knowing which standards to accept as his own. Parents and teachers has to respect their personal space and of the others to. They both need to get along if they want a proper development of child. Parents need to give more values to both studies and simultaneously on family members. The same way teachers mostly tend to make child a robot, they rather make them realize about the values of life and living with all the other aspects of teaching also.

Raising and educating children in today's world is quite a challenge

Today's life is so busy and demands time for everyone is greater than ever. One parent family, two income families, travel, complex routine are just the few issues challenging parents these days. Children now are involved is so many complex activities that it can complicate learning as well. Some

wheregrand parents do take care of the rest, but as life is moving fast we all moving faster than life and more nuclear families are coming up where parents are in utmost responsibility to shield their children. Working parents can't give proper time to their kids. A child has distributed time for school and home thus he is distributed amongst parents and teachers. We can say that parents and teachers play a very important role in child's future. Education is basically a process that leads to mental and psychological growth of a child. Not just learning but many other things he learn like teamwork ,manners , sharing, unity etc. parents are the first teacher for the child, however teachers are the second parents for children.

Parents on the other hand are responsible for overall development of the child that plays a very important role in the socializing process of the child. The first lesson which he learns is from his parents, those lessons get imprint in his heart forever. After sometime he gets to know other members.

Stacia Tauscher remarkably said "We worry about what a child will become tomorrow, yet we forget that he is someone today." A child is hope for tomorrow however one should never forget that his today shapes his tomorrow. The amount of pressure and mental trauma the child faces results in his underdevelopment and spoils his tomorrow. A joint venture of parents and teachers helps shaping the child's future, his development and enhances his intellect. A child nurtured under such successful parents and teachers bestows the best in him.

(National Center for Education Statistics [NCES], 1985).

Various child training methods

The child training methods used in America falls into three major categories: authoritarian, democratic and permissive.

1. Authoritarian methods are characterized by the use of strict rules to enforce the desired behavior. No consideration for the rules as why they are important.
2. Democratic methods emphasize the need for discussion, explanations and reasoning to help the young understand why they are expected to behave in one way and not the other.
3. Permissive methods are not actually child training, though parents and teachers may regard them as such. as the young people learns more by trial and error than by guidance.

The kind of child training used in the home has a pounced influence on later social adjustments. Children brought by democratic method for example make better social adjustments outside the home and have more favorable attitudes towards people and social activities than children brought up by authoritarian methods. Those brought by permissive parents who indulge them and permit them to do much as they please develop feelings of inadequacy about their abilities and tend to become inactive and withdraw from social situations. Furthermore, both authoritarian and permissive child training tend to make children dependent on adults. Unable to stand alone, being immature.

Involvement of parents for development of their child

Parental involvement can be seen to fall into three types:

- **Behavioral**
- **Intellectual and**
- **Personal.**

The research explores the effect of multi-dimensional participation of parents and the resulting progress of children in their studies when different parental resources were dedicated to them. Actively participating parents help their children in their academic development by going to schools and participating in open houses. By keenly observing the behavior of their children they can rightly judge the kind of behavior or the allocation of resources required by their children. Such caring parents can also motivate teachers to become more attentive towards a particular student, thus maintaining the cycle of parent-teacher involvement. Encourage

Building up cognitive and perception abilities in a child are a major concern in the upbringing of the child.

Though many parents might be surprised to realize it, research shows that they have a strong influence on their teenage children. Many parents want to be involved, but just don't know how. There are many things parents can do to maintain strong involvement in their children's lives as they approach adolescence.

Keep lines of communication open. Parents need to have regular conversations with their teens and supply them with honest and accurate information on the many issues teens face. Start important discussions with your children and teens about smoking, drugs, sex, drinking—even if the topics are difficult or embarrassing. Don't wait for teens to come to you.

Set fair and consistent rules. Parents need to set boundaries that help children learn that with their new independence comes responsibility. Parents and adolescents can work together to set appropriate limits. Be sure that young people understand the purpose behind the rules.

Support their future. Even if parents don't feel they can help with homework, parents need to demonstrate that education is important to them and their child's future. It's important to know children's teachers and to create a home environment that supports learning.

- Provide special transition or orientation sessions for parents and students entering middle and high school.
- Establish a family resource center at your school to share information and provide parenting classes and other resources on adolescent development.
- Provide training and instruction for parents on curriculum, teaching methods, and tracking, assessment, and placement procedures and how they affect students.
- Encourage parents to volunteer by adopting and sponsoring academic programs, school clubs, or teams.
- Invite parents and students to serve on site-based management teams to participate in school decision-making.
- Invite teachers, parents, and students to work together to design and monitor different community service experiences.

Increasing parent involvement in middle and high schools benefits parents, teachers,

schools, and most importantly, the students' themselves. It is commonly believed that children are good self-teachers. Their self-initiated strategies help improve their expression, creativity, intellectual capabilities and extra-curricular skills. This idea is proved by the documentation of young children's work provided by Reggio Emilia: "The Reggio Emilia educators highlight young children's amazing capabilities and indicate that it is through the unity of thinking and feeling that young children can explore their world, represent their ideas, and communicate with others at their highest level." (Edwards, Pope. C, Springate, Wright.K)

According to a recent report from the National Center for Educational Statistics (1997), compared to their counterparts, children with involved fathers are more likely to have participated in educational activities with their parents (e.g., to have visited a museum or a historical site with their parents in the past month), and are more likely to have access to multiple types of resources at home as well (as measured by the proportion of parents who belong to community or professional organizations, or regularly volunteer in the community). (Flouri, E. And Buchanan, A, Pg.142)

Various methods for Development of child's intellect

A Positive Approach:

A positive approach in life ensures success and happiness. A positive person is never daunted by failures or competitions because he is confident about himself and failures bring out the best in him. He is a hard working soul and never gets deterred by irrational thoughts that are responsible for triggering off negative feelings like anger, depression and despair. He believes that "to every dark cloud there is a silver lining" and strikes back with much more self-confidence only to emerge successful.

Realistic Attitude:

Person with a strong self esteem is confident but not over confident. He does not believe in building castles in the air. He is down to earth and believes in hard work and knows for sure - "what he wants in life, whether the field he has chosen suits his capabilities, his taste, his qualifications- In short, what we call a realistic approach to life.

Self-Confidence:

An individual with a strong self esteem exudes confidence. He never feels insecure in the face of tough competition and has the heart to appreciate if he comes across a better person. At the same time he never doubts his capabilities. After a failure, they do not probe a futile questions, "I should not have made that statement" nor "will he like me?" Or condemn him for minor mistakes.

Learn To Appreciate Others:

A person with a weak self esteem likes to criticize and condemn others. Their discouraging nature not only irritates people but also makes them unpopular. Instead of appreciating a positive gesture they always try to find fault with others. On the other hand, a person with a strong self esteem appreciates people, their views and never makes fun of others. They are warm and do not miss an opportunity to offer a sincere note of thanks for even the smallest of tasks. Try this and you will notice that this small technique makes life easier. You will definitely feel better after making others feel good or cared for.

Learn To Smile Genuinely:

For all those who have not really smiled for quite sometime- Life is indeed quite tough and frustrating in one way or the other. But remember laugh and the whole world laughs with you, weep and you weep all alone. Let us begin with just a smile.

Conclusion:

Personality in simple words means distinctive personal qualities which help one to establish one's identity. Personality of a child develops in a very natural process, which certainly can be improved further by proper guidance of parents and teachers. In fact, developing a child's personality is in a way development of a child in every aspect. It is the responsibility of the parents as well as the teachers to see to it that the child plays enough, reads enough and socializes enough. To some extent, a child inherits its responsibility from its parents. Coming to the specific question how to develop a child's personality, it is imperative to know about the main factors that constitute its personality. Broadly speaking these are: Child's physical traits (which are visible), child's intellectual qualities, attitude, behaviour pattern, feelings and aspirations, commitments and convictions. How the child's personality will develop, to a great

extent, depends upon the way he is allowed to socialize, interact with others emotionally during his childhood, the parent's behaviour with him/her, how the child is treated by his near and dear ones, the cultural milieu in which he/she is brought up, the amount of love in which he/she is brought up, the amount of achievement and accomplishment?

Play forms one of the important elements of child's personality development. It is a medium that provides the child an opportunity for fullest self-expression, freedom and pleasure. It is also a creative activity. More over, play is refreshing and rejuvenating. It is helpful in developing habit of sharing cooperation, mixing up with others, being assertive and leadership quality. A child who takes part in the sports and others competitions, may have to go different places with the team. Quite naturally while staying with the fellow players in a camp or in some hostel he/she learns all these qualities of sharing, cooperation and so on.

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