

The Importance of the Parent-child Relationship to Children's Psychological Development

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Abstract: The relationship between a parent and kid is one of the earliest and longest-lasting interactions in a person's life; furthermore, it substantially impacts the development of a child's mental health. Therefore, the definition of parent-child connections and the many sorts of these interactions will be investigated throughout this paper. There are four different styles of interactions that can exist between parents and their children: authoritarian, authoritative, permissive, and uninvolved. What is more, this study investigates the impact of parent-child relationships on the psychological development of children in three distinct areas: language development, personality development, and language development. It is also suggested how to develop a healthy parent-child relationship, including the need to respect children's decisions, maintain open lines of communication with children, and provide children with great companionship. According to the research findings mentioned above, the relationships between parents and their children have a substantial impact on the psychological development of children.

Keywords: Parent-child relationship, Child psychology, Mental health, Language development, Children's personality, Interpersonal interaction

1. Introduction

The parent-child connection (PCR) is the first and longest-lasting relationship in a person's life. Psychologists and educators concentrate much of their attention on PCR because of its importance. In addition, as social pressure levels continue to rise, the psychological strain individuals feel also continues to increase. As a result, individuals are paying more attention to their mental health. This article focuses primarily on researching the relevance of PCR concerning the psychological growth of children (CPD). First, the definition and types of PCR are analysed. PCRs can be classified as either Authoritative, Permissive, or Uninvolved, according to their level of participation in the testing process. Next, this paper investigates the impact of the PCR parent-child connection on CPD from three different vantage points: the impact of PCR on children's interpersonal communication, the effect on children's language development, and the impact on children's personality development. In addition, several recommendations are provided for developing a healthy parent-child connection.

2. The Definition and Classification of Parent-child Relationship

The Parent-child relationship (PCR) is the earliest and closest interpersonal relationship established by children and is the relationship based on the mother's pregnancy. Mihalec-Adkin thinks PCR is a unique and vital relationship between parents and children [1]. In legal terms, PCR is the relationship between individuals and their biological or legally adopted children. On the other hand, from the psychological point of view, PCR is defined as the relationship between children and parents. Besides the above definition of PCR, PCR also includes the feelings, expectations, and behaviours of parents and children. For example, during the mother's pregnancy, the child knows the world through her mother's perception of the outside world. After the child is born, the child knows the world by observing the parent's behaviour or the content taught by their parents. What is more, parents' age, experience, and family background will all affect PCR. Therefore, PCR can be divided into four types: authoritarian parenting, permissive parenting, authoritative parenting, and uninvolved parenting [2].

2.1. Authoritarian Parenting

The parent is entirely in charge of this relationship. In other words, the child is subservient to the parent's orders. The parent takes away the child's freedom to think and make decisions and imposes their will on the child. For example, when a parent asks a child to dress himself, the child will ask why he should dress himself and why his parents should not help him do so. Therefore, there are two characteristics of authoritarian parenting. First, rules are strictly enforced with little regard for the child's feelings or social, emotional, and behavioural needs. The second is that communication is primarily one-way, from parent to child. Children exposed to this parenting style tend to lose initiative, become introverted, and have low self-esteem.

2.2. Permissive Parenting

Forgiving parents frequently give the impression that they interact with their kids more as friends than as parents. They continually allow their kids the freedom to do what they want where they belong and tend to provide little advice. For instance, when a child requests a candy bar, the parent always complies with the request and keeps the lines of communication open. This illustration demonstrates how permissive parenting is characterized by parents who frequently let their kids make their own decisions and try their best to ensure they are content. Children whom permissive parents raise may acquire the habit of being self-centred and not listening to their parents because permissive parenting also has the traits of being extraordinarily receptive and undemanding.

2.3. Authoritative Parenting

In this PCR, parents are not only teachers of children but also learn from children and consider their feelings. Bi et al. declare that authoritative parenting is the most effective way to raise children [2]. Due to the fact that the child in this relationship can feel his parents' love and is being educated subtly, overbearing parents will lead by example and improve their children's cognitive ability through discussion. Moreover, authoritative parenting is characterized by high response, high requirements, and listening to and considering children's thoughts, feelings, and opinions. Children in this kind of relationship tend to be optimistic, self-disciplined, independent thinking, and good at communicating with others.

2.4. Uninvolved Parenting

Negligent parents usually do not have much time or energy to educate their children. This type of parent may be unaware of their children's educational problems or put limited power into solving them. This type of parent treats the child with indifference, making it challenging to build a close relationship with the child. For example, the parent may allow the child to spend most of the Saturday afternoon watching TV or attending extracurricular classes so that the parent has plenty of time to work or meet up with friends. Such parents usually have the following two common characteristics. The first is that the parents prioritize their own needs over their children's. The second point is that they are less reactive and less demanding. For example, parents do not set rules, boundaries, or expectations for their children's behaviour, and parents do not show affection for their children. Children in such an environment may have self-esteem problems and perform less well in school.

The types of PCR have been briefly summarized above, and this paragraph explains the importance of PCR to CPD. As we all know, PCR is the most important factor in children's growth [3]. It is further explained that in the process of children's development, parents are their guides, and observing their words and deeds is the primary way for children to know the world. Therefore, from a psychological point of view, suitable PCR can promote CPD. On the one hand, a suitable PCR can help parents better understand their children's inner world, thus establishing a good communication bridge with their children. On the other hand, children can know the world safely, thus improving their creativity and logical thinking ability. Improving creative knowledge and analytical thinking ability is the internal motivation of children's healthy growth, thus contributing to CPD. In addition, communication between parents and children can protect children's mental health [4].

3. The Influence of Parent-child Relationship on Children's Psychological Development

Mental health is one of the most important factors to consider in contemporary culture. Childhood is a crucial period for the development of mental health since societal demands and psychological pressure on people are both on the rise. Additionally, PCR has the earliest and longest effects on CPD and is the initial and most significant exposure to children's development. Therefore, this section will discuss the impact of PCR on children's interpersonal relationships, language development, and personality.

3.1. The Influence of Parent-child Relationship on Children's Interpersonal Relationship

With the development of science and technology, people are interacting with each other more and socializing in various ways. Thus, society's demands on people's interpersonal skills are increasing. For children, interpersonal communication is the interaction with family and friends in the process of living and learning. As childhood is a critical time for developing interpersonal communication, it is essential to pay attention to the development of interpersonal communication and children's interpersonal skills to help promote their healthy physical and mental development. Research has shown that children's observation of their parent's behaviours and interactions with them contribute to the acquisition of social skills [5]. In other words, good PCR helps children to engage more readily in interpersonal interactions, allowing them to develop good psychological qualities and contributing to their social development.

PCR is ranked top in interpersonal connections. In PCR, kids may communicate with their parents and develop social skills while learning positive interpersonal experiences. As a result, a series of chain reactions happen when a person's PCR is off, which might cause issues in other relationships. As a result, PCD progresses smoothly and will serve as a child's basis for building

positive relationships with others. Consider the possibility that kids experience love when they have good experiences with their parents. In such a situation, students will develop their communication and comprehension abilities while engaging with others, enhancing their social skills. According to Popov and Ilesanmi, children's conduct and state are favourably influenced by their pleasant interactions with their parents [6]. On the other hand, if PCR is hostile or even violent, it will make kids feel very insecure and even afraid of their families and society, eventually resulting in long-lasting interpersonal crises that will impact the kids' lives.

3.2. The Impact of Parent-child Relationships on Children's Language Development

It is common knowledge that children learn to speak with the assistance of their parents. For instance, if a parent uses the exact pronunciation of the word "mother" repeatedly, the child will associate the term "mother" with that pronunciation. The child will eventually learn the mother's diction since they will attempt to speak it themselves. Suppose both of a kid's parents cannot talk. In that case, that child's language development will be significantly behind that of other children from typical households, even if the youngster is of average intelligence. Because of this, a significant interaction between parents and children while the child is still young plays a vital part in the linguistic development of young children [7]. In other words, when parents engage in more interaction and communication with their children, they provide their children more opportunities to express their language and raise their understanding of how to use it, which in turn promotes their children's language development. For instance, when a child's parents take them to the park to play, and the child sees a kitten but does not know what it is, the youngster will take the initiative to ask their parents what the kitten is. At this time, the parent must reply encouragingly. The youngster will continue to ask the parent for information about the cat if they are given encouragement to do so. After the child has lost interest in the kitten and is staring intently at the swing, the parent should study the child's motions and then enquire as to whether or not the child would want to play on the swing. In the previous illustration, the parent and child engage in positive interaction to assist the child in acquiring the language and fostering an environment in which the youngster feels free to investigate their surroundings.

3.3. The Influence of Parent-child Relationship on Children's Personality Development

It is commonly accepted that everyone is one of a kind and possesses a distinct personality. The term "personality" originates from the field of psychology and refers to the different combinations of thought, feeling, and behaviour associated with a specific individual [8]. When it comes to forming children's personalities, the social environment, the environment inside the family, and several other elements play a role [9]. The earliest and longest living environment that children are exposed to is the family, and the earliest interpersonal interaction that children encounter is the PCR; as a result, the PCR has an essential impact on the personality development of children. The bond children have with their parents is the PCR that has the most direct effect on the development of their personalities. Attachment between a kid and their parent is a particular component of the child-parent relationship that provides the youngster with a sense of safety, security, and protection [10]. When a parent gives an excellent response to the child's reactions, the infant has a sense that the parent will keep them safe and protected. Thus, the parent-child attachment becomes a secure attachment, which increases the infant's confidence in the parent. Forming a sound connection system is the bedrock of a healthy personality [11]. It is further emphasized that children's positive personality development is positively impacted when they have secure attachments. The infant's attachment to the parent is both physically necessary for the child's survival and psychologically

immensely crucial for the child's sense of security, interpersonal interactions, and ability to trust others.

4. How to Build a Good Parent-child Relationship?

Suitable PCR is the foundation of parenting. To put it another way, a good PCR makes parenting simpler by creating a solid link between the parent and child, which makes the youngster more receptive to listening to and adhering to the parent's instructions [6]. Therefore, it is crucial to establish a good PCR. Here are three suggestions for parents to help build a robust PCR.

First and foremost, parents should respect their children's choices. Respect is necessary for a positive PCR [12]. Respect for the child implies that parents respect their desires and preferences rather than pushing them upon the child. For instance, if a child picks clothes that do not match the parent's aesthetic, it is appropriate to respect the child's decision; after all, the child will not freeze in the clothes he or she is wearing. Respect is built with the child, and the foundation for a stable bond is laid when parents meet the child's wants and reactions. Respecting the child's preferences does not merely entail complying with the child's preferences. In other words, in order to govern their conduct, children require parental assistance in establishing discipline and limits. In contrast, children who lack discipline and boundaries tend to consider inappropriate behaviour acceptable. Parents demonstrate genuine respect for their children's decisions by putting themselves in their shoes with candour and concern for their feelings, as opposed to preaching to the choir about whether they comprehend.

In addition, parents and children must have open communication channels for PCR to succeed. It is generally known that communication is crucial to a person's day-to-day existence. It is also well known that healthy communication between parents and children contributes to children's mental health development. Suppose, for instance, that there is no regular communication between parents and children. In such a circumstance, children would be less inclined to discuss their difficulties with their parents, making it more difficult for parents to know what their children are thinking and eventually extending the communication gap between parents and children. As a result, in order to build a healthy PCR, it is essential for parents to interact with their children at the appropriate times and to monitor their children's conduct while they are communicating with them.

Furthermore, the formation of a robust PCR depends on sufficient parental companionship. Most parents participate in their children's play, but when the children are left to their own devices, the parents either observe them quietly while using their phones or join the action. Parents must actively engage with their children, attend to their emotional needs, and support them in order for them to build a healthy PCR. This is strengthened by the fact that adequate companionship requires parents to respect their children's viewpoints, engage them in dialogue, and respond to their needs. Parents ought to do this for their children. As a result, parents deepen their relationships with their children and obtain a more complete grasp of their personalities.

5. Conclusion

People encounter a variety of relationships throughout their life, but PCR is the most important. This research covers the definition and types of PCR, the influence of PCR on children's interpersonal interactions, the impact on children's language development, and the impact on children's personality development, reflecting the impact of PCR on CPD and how parents should construct a practical PCR. Children's mental health is enhanced through the production of a quality PCR. Although this paper investigates the impact of PCR on CPD, the family background of the parents is not taken into account in the research process; after all, the family background of the parents is also the background of the child's upbringing and can also influence the development of

the child's mental health. Therefore, the maternal family history will be included as an influential factor in the upcoming investigation. In addition, although the public is becoming increasingly worried about mental health issues, there is little focus on PCR in China; it is hoped that the public will focus on the impact of PCR on children's mental health.

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