

A STUDY ON CHILD'S MENTAL HEALTH IN CORRELATION WITH THE PARENTS' WELL BEING

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Abstract- Children's mental health is correlated with that of their parents. Reaching developmental and emotional milestones, acquiring positive social skills, and learning how to handle challenges are all part of growing up mentally well. Children who are mentally healthy are more likely to have a high quality of life and to do well at home, at school, and in their communities. Parents, as well as other carers who take on the role of parents, are a child's earliest and most important sources of support for independence and living healthy, happy lives. Some people experience mental health issues differently and with varying degrees of intensity on a daily basis. Parents' unique situations and the level of help they get will determine this. Parental mental health issues might develop along with other stressful life events. Difficulties might originate from the condition, contribute to it developing, or exacerbate it. Our overall health and well-being are fundamentally impacted by our mental health. As a parent one can do a lot to promote your child's mental health. Fostering and loving care build a solid foundation for your child's social and emotional development, giving them the tools, they need to live a happy, healthy, and fulfilling life.

Keywords: Parents, Well-being, Mental health, Children.

INTRODUCTION

Parent-child connection is an important factor in maintaining a sound mental health of children and well-being of parents as well. There is a significant correlation between well-being of parents and mental health of children. The well-being of the parents has direct impact on their children's emotional and psychological health. The clause 2.9 and 4.28 of National Education Policy 2020 emphasizes about the mental health and well-being of the student as the vital ingredient of holistic development. Family is the initial platform from where a child starts to communicate and participate in social activities and family environment defines well-being and growth opportunities of a child. Different context of child's life like interaction, communication and socialization is shaped by the parents (Bronfenbrenner, 1987). Parents activities like alcoholism, domestic violence, divorce and other stressful situations and negative environment of family adversely affect the mental health of children. Factors like lack of attachment, abuse, physical or psychological violence and Improper upbringing of children may lead to the psychological damage and the mental health and development of the child is affected which is transferable to next generation (Marie Conn). When a child is grown up with harmful parenting techniques, he gets affected with these surroundings and behaviors and characteristics of this kind is shown in them. Lack of attachment and love leads to the insecurity and anxiety and the way in which children are raised has a serious impact on their lives and further affect their adulthood. Parents with poor well-being are less engaged in interactive and positive parenting practices (Watts, 2021). The data of the reports of Bernard Van Leer foundation shows that the parents of 23% of children struggle with mental illness mainly in low and middle-income countries and in families residing in the urban areas. The effect of the family structure on the parents due to disruptions in family structure, divorce, single parenthood can lead to adverse events impacting mental health and well-being of both parents and children. In a study it is found that 89 % of children had family disruptions causing mental health issues to them and 71 % of children's parents are suffering from psychiatric disorder having their direct or indirect impact on mental health of their children (Behere et al., 2017). A good self- esteem and positive emotional development may lead to the growth in psychological well-being. Poor well-being of parents impacts their ability to nurture and stimulate their child whereas a positive well-being of parents creates a secure family environment that enables self-esteem and positive emotional development (Sabater, 2021). Environmental and economic crises also impact family functioning and ultimately influence mental health of the children. Single parenthood causes risk for mental health of children and further leads to economic challenges increasing the level of stress which badly affect the child-parent relationships. Single parenthood is a problematic task causing risk factor to mental health problems for both parents and children leading to depression psychological unrest (Cherlin et al., 1991). If childhood history of parents is abusive then their own children are more prone to aggressive behavior of them. A study published in the Journal of Child Psychology and Psychiatry found that parents who faced depression are more likely to affect their children with mental health problems like anxiety and depression (Silk, Steinberg, & Morris, 2003). Parents having anxiety disorders are 4 to 6 times more likely to develop anxiety disorder in their children, in case of depression it is 3 to 4 times. It is likely a combination of genetics and environment. Parental well-being and child's mental health is related in a way that they affect one another at the same time hence it is bidirectional and same as parental behavior have an impact on child's behaviour and vice-versa (Sameroff, 2009). The mental health of the children is connected to that of parents. It has been found that 1 in 14 children have caregivers or parents with poor mental health (Wolicki et al., 2021). Parents suffering from mental health challenges found difficulty in care for their child as compared to the parents whose mental health is good, in this way healthy development of child depends on parent's well-being. Parents performing the role of caregivers also need support in supporting their children's mental health and children are more prone to mental and developmental disability lead to the adverse childhood experiences like domestic violence, divorce, living

in poverty. It is found that 1 in 10 parents are crippled with depression causes bad impact on children's mental health and behaviour (Ertel et al., 2011). If this situation is expose at early then the chances of problematic behaviour among children are greater (Goodman et al., 2011). The ability to provide supportive and stable environment to children can be affected if parents face mental health issues and the children face negative outcomes like social issues, academic difficulties and problems related to behaviour whereas on the other hand parents with positive well-being can support their child in providing support and guidance so as to develop and promote positive mental health (National Institute of Mental Health, 2021). Research found that parents who are health conscious and engage in health care activities are more likely to have children with positive mental health issues whereas parents who are neglecting their own well-being are at greater risk of passing negative outcomes to mental health to their children (Johnson, 2018). Lack of resources and support also lead to the challenging situations for parents in caring for their children which creates negative impact on mental health of parent as well as of child. Vulnerabilities on social and economic front can be seen due to the lack of resources and support. Positive relationship between parents and children consists of love, affection and support results in the better mental health outcomes for both patents and children while negative or abusive parent-child relationship consists of physical or mental abuse led to the poor mental health outcomes for both parents and children. There is a need for open communication between parents and children to build trust and strong relationship bond. The positive well-being of parents put a positive impact on children if quality time is spent with the children to address their concerns and show the parental support. There should be the creation of Positive and nurturing environment by the parents for their children to thrive in. Children learn by observing their parents therefore, Model healthy behaviors like Emotional regulation, positive communication and self-care should be practiced by the parents as well-being of the parents and children's mental health is interconnected.

Mental Health: Includes our Emotional, Psychological and Social well-being.

Well-being: A Sound health, Happiness and Prosperity can be referred to as well being.

Well-being can be categorized into following types namely:

- **Emotional well-being:** Boost self-love, Generate emotions of good feeling.
- **Physical well-being:** Proper functioning of body, Healthy living, Exercise habits.
- **Mental well-being:** Realizing own abilities to cope up with normal stress of life and contributing to community in productive way (WHO).
- **Social Well-being:** Communication, Societal relationships.

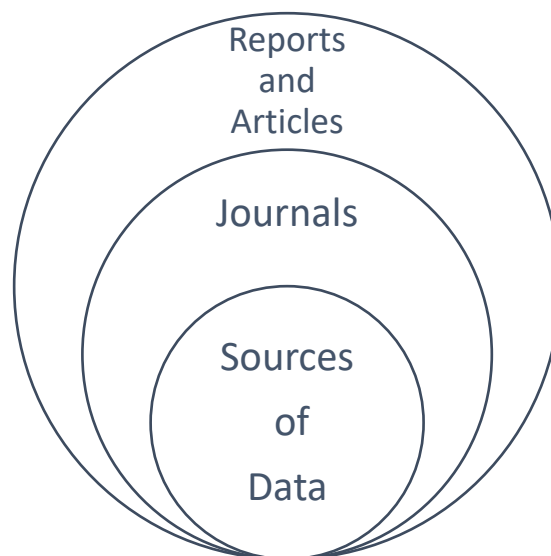
NEED OF THE STUDY: Family is the first school where a child learns to communicate and interact with the outer world. Development of the child is influenced with the family environment. Hence there is a need to analyze the effect of parents well being on children's mental health.

OBJECTIVES:

- To know about the relationship of child's mental health and parents' well-being.
- To find out the effect of parents' well-being on child's mental health.
- To provide some suggestions to improve the parent-child relationship.

METHODOLOGY

- Analysis of relevant available literature.
- Desk Review method is used in the study.
- Secondary Sources of data.



FINDINGS:

Children's mental health is correlated with that of their parents. Mental health issues frequently run in families and can be handed on from parent to kid, much like many illnesses and diseases. If both parents suffer from a mental illness, the risk is significantly higher. They discovered that the children's risk for mental health and drug addiction issues was three times higher than it was for

kids whose parents weren't sad. It could also have an effect on your child's physical well-being. A review of the literature published in the Journal of Family Theory & Review found that the parenting practices can be affected if parents do not have a sound mental health and well-being which can lead to the hindrance in emotional and behavioural development of children (Weitzman & Davenport, 2019). Lack of motivation to leave the home or a pattern of arriving late to pick up your child from school or other appointments might affect their academic performance. Academic difficulties may then result in unfavourable emotions that are frequently linked to mental health concerns. These circumstances can strain a relationship and cause trust difficulties or concerns with abandonment for both the parent and the child. (How Parents Affect Their Child's Mental Health, 2021).

The mental health of children is connected to their parents' mental health and thus affecting the children's academic performance. It has been found that children's mental health is related to self-care behaviours of the parents (Lewis et al., 2019). Parents who have their own mental health challenges, such as coping with symptoms of depression or anxiety (fear or worry), may have more difficulty providing care for their child compared to parents who describe their mental health as good. A longitudinal study published in the journal Developmental Psychology found that Parents who experienced high levels of stress and lack in social support are found to have more emotional and behavioral problems (Murray et al., 2018). Parents and children may also experience shared risks, such as inherited vulnerabilities, living in unsafe environments, and facing discrimination or deprivation. Poor mental health in parents is related to poor mental and physical health in children.

Many studies have linked parental stress to issues with a child's mental health, and they also show that it is a significant predictor of parenting and parent-child relationships. Many studies have demonstrated a significant relationship between stress, parent mental health (depression, anxiety), and child psychopathology. Research using both nonclinical and clinical samples has shown a link between parental stress and children's internalising and externalising issues. (Păsărelu, Dobrean, & Florean, 2022)

Living with a parent who has a mental illness can expose you to a number of risk factors, such as: a dysfunctional family environment marked by poor parenting, high stress reactivity, emotional sensitivity, and compromised family functioning; b) feelings of guilt, shame, and loneliness; c) the inversion of care-giving; and d) lack of social support and social acceptance. (Reedtz & Girolamo3, 2019). Parents were aware of the illness's detrimental effects on their kids, notably the disturbance to daily life and worries about serious behavioural issues. Despite the illness's detrimental effects, parents thought their bond with their kids was good. While doing this research, a variety of possible obstacles to determining these children's requirements were found and are documented.

Dependent children's lives can be profoundly impacted by parental mental illness through both direct and indirect processes. The inherited genetic make-up of the kid, the intrauterine environment and prenatal exposure to anxiety or depression, and the chance of direct exposure to the parental mental illness itself are just a few examples of parental variables that might have an immediate influence on their children. Moreover, there can be serious negative indirect repercussions from mental illness, such as socioeconomic hardship and marital difficulty. (Stallard, Norman, & Huline-Dickens, 2004).

CONCLUSION:

Family is the first institution where a child learns to socialize with the people. With the growth of the child, he gets influence a lot from the parental behaviour and family atmosphere. Negative environment of the family leads to degradation of mental health of the child and vanish the childhood which any child wants to live. Broken families and disruptions in familial structure also put direct or indirect impact on mental health of child whereas in quite the opposite parents with positive wellbeing can provide a right guidance and support to their children making them psychologically sound. Misfunctioning in families caused due to economic crises influences mental health of the child which creates relationship imbalances between parents and children. Parental well being and child's mental health is related in bi-directional manner as it affects one another at the same time. Also, the poor mental health of parents leads to improper care of their child as compared to the parents with good mental health. Mostly the parents dealing with the issues like depression are more likely to have emotional and behavioural problems and this causes the difficulty in establishing a parent-child bond. Positive wellbeing of parents put positive impact on mental health of children. Love, care and support are the main requirements of parent-child relationship. There is an urge to establish positive inter-connection between parents well being and child's mental health by practicing emotional attachment, positive communication and self-care by the parents.

SUGGESTIONS:

It has been demonstrated that parental mental illness has an impact on how children develop their attachments as well as their cognitive, emotional, social, and behavioural skills. Moreover, there is a higher chance for these kids to experience mental disorders in childhood, adolescence, and later in life. Prevention and early intervention are crucial in light of the possible effects of parental mental illness.

- The role of psychosocial factors, namely, family structure, trauma, and family psychiatric history have adverse effects on the well-being of children. Thus, there is a need to address this at the first priority.
- Keeping upfront about own feeling as it directly reflects on the child's behavior.
- Maintain a balanced parenting style.
- Encouraging positive parenting styles which strengthens the parent-child relationship.
- Parents should prioritize their own mental health and well-being so that their children can also inculcate these healthy habits and self-care in them.

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