Challenges of Upbringing Adolescents- Impact on Economy -changing role of Urban parents in India

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Abstract

Urban India mother are facing the challenges of upbringing their adolescent children in the midst of a tight schedule. Adolescent children are being brought up in an atmosphere which is suffocating & complicated to their natural development. Adolescent children often suffer from parental inattentiveness & negligence besides majority of the urban children suffers from single child syndrome. Absence of siblings makes them solitary & introvert. This leads to adolescent children contact with bad friendship & familiarity with wrong habits. Adolescent children very frequently fall in prey for appalling habits which costs them dearly. Besides the challenges of upbringing adolescents is directly linked with a Nation's economy as governments have to expend exceedingly on their health care services This paper analyses the role of urban mothers in upbringing their adolescent children in urban environments. This paper addresses these issues with strategies towards making urban parents more attentive & thoughtful towards their adolescent children.

Keywords. Professional mothers, adolescent, children.

Introduction

Urban India is in the grip of further urbanization. Cities are mushrooming with all types of shortcomings of urbanization creeping in. Urban society has been suffering from generation gaps, relationship gaps & affiliation gaps & bondage gaps. Urbanization has made both the spouses to work for livelihood. This makes them stay out of home for a longer gap. Raising children in this atmosphere is not only hazardous but very complicated. Right from their birth the children are sent to play homes, crèches & day care centers. Children's bonding with the parents becomes very formal & children become artificially attached to their parents instead their orientation becomes outwardly. The accountability of the parents would ease out loneliness of adolescents & this would answer their challenges of upbringing. (Indian mental concepts of children & adolescents-Indian journal of psychiatry January 2013).

Key Indicators:

1. adolescents form nearly 21 % of the population there are 243 million adolescents in India
2. Nearly 5000 adolescents in India use tobacco daily.(National tobacco survey report 2015)
3. Approximately 22% of the adolescents fall for bad company
4. Indian government spends 14.2% on health care services of adolescents , as the adolescents become habitual to tobacco chewing drugs, pre marriage abortions, dental problems &mental problems,
5. Health expenditure rise by 6.7% annually as drug infiltration is also escalating causing Indian economy heavy losses.
6. The problems of school dropouts falling in urban crime is also mounting. Nearly 22.34 % of the school drop outs enter illegal companionship & end up with burglary, terrorism related offences , crime acts , stealing , pick pocketing etc.

The Problems of Adolescent Children

Adolescent children who are brought up in this environment naturally become less familiar with family. But adolescent children need majority of attention during this phase of childhood. Their cognitive thinking, their physical growing, their mental ability everything bloom during this phase.(Indian mental concepts of children & adolescents-Indian journal of psychiatry January 2013)

Classification of Adolescent Problems

-Adolescents suffer from several problems which can be grouped as

1. Behavioral
2. Cognitive
3. Emotional
4. Physical
5. Social

In urban India majority of the Adolescents problems are physical

1. maturing puberty
2. oily skin acne
3. increased sweating under arms
4. growth of under arm hair
5. chest / facial hair
6. change in body proportions
7. masturbation
8. fantasies about intimacy
9. deepening of voice
10. menstrual cycle

Besides these problems, the adolescents suffer from change in the behavior of others towards them. Girl Adolescents are treated very differently. Parents of girl adolescents begin to feel over protected about them as the adolescents can be targeted easily for sexual atrocities. The parents aspirations of their children grow as they become more ambitious about their Adolescents children (Indian

mental concepts of children & adolescents-Indian journal of psychiatry January 2013). But several of the girl adolescents feel the physical changes in a negative way post puberty period in a girl might be pathetic with weight gain problems. (Indian mental concepts of children & adolescents-Indian journal of psychiatry January 2013).

1. childhood sexual abuse
2. low cop up skills
3. low self esteem
4. eating disorders
5. early sexual maturation

Shift of Attitude- a dramatic shift in thinking from concrete to abstract gives several mental tools now the Adolescents can

1. think logically
2. analyze
3. think about careers
4. goal setting
5. future ambitions
6. become socially conscientious
7. they begin to think reasonably
8. they show concern on social problems
9. they shift from playful activities to academics
10. They start considering their academics seriously.
11. they develop some ethical values
12. traits of self-identity

Behavioral Changes Affecting Adolescents -While these new

Adolescents start practical experimentation of their new found behavioral skills they

1. jumping to conclusions
2. argue incessantly
3. argue with senior member of the family & peers
4. never heed to good advise
5. faith in friends rather than family members
6. become selfish & self-centered
7. fight for small / petty reasons
8. always in bad moods
9. short tempered

The Emotional Impact

1. Adolescents start feeling more about their feelings, their self-image. Their self-progression. As their jurisdiction becomes too concrete with their & everything else becomes negligible for them & their attributes, roles , goals , interests, values, etc become to self-positioned
2. The process of developing a sense of identity involves recognizing & managing emotions developing, empathy, resolving conflicts, developing spirit of competitiveness.
3. the Adolescents have problems of making themselves acceptable to peer friends & seniors .As they often make friendship with same sex or their shift towards friends becomes too close , or they demonstrate tendency to become more acceptable to all in a stance or want to achieve something which is beyond reach . Hence they become

confused & they take wrong decisions, fall to bad company.

The Social Changes of the Response

1. the fact that they should impress others out rears their problems
2. they take risks which sometimes are dangerous

The Community Impact – the growth of Adolescents in social environment has great impact

1. the social background
2. economic status
3. neighborhood
4. schools
5. teachers
6. family members
7. socio religious organizations
8. books
9. media
10. radio

Prospective Strategies

1. developing new skills dance music
2. they should assess their behavioral changes & its impact on others
3. new decision making skills
4. develop realistic self-evaluation

Threats of Adolescents – in a drive to become more identified most of the Adolescents fall prey to:

1. bad habits –sex , alcohol , drugs cigarettes , sexually transmitted diseases teen pregnancy sexual abuse etc

2. bad friendships- boy girl affairs, infatuations, homo sexuality , experimenting sex ,
3. bad behavior – failure in school exams , dropping out of school , running away from home , staying out with friends ,
4. bad practices – tobacco chewing , experimenting nicotine cigarette, drinks
5. bad activities crime , delinquency, violence,
6. bad manners – anger , irrational addressing , aggressive mentality

The Outcomes

The 70% of the mortality in adulthood is linked to habits picked up during adolescence (risk-taking behaviour, substance abuse, eating habit and conflict resolution.) Prevailing malnutrition, anaemia, stunting and lack of immunization have adverse impact on MMR, IMR, morbidity and have intergenerational effects. The story is well known that a stunted adolescent getting married giving rise to a low weight baby, that too female, again unable to develop or develop in to a stunted female and the cycle keeps on repeating. (An overview of adolescent health in India 2014) .Adolescent sexuality: leads to adolescent pregnancy, unsafe abortion, RTI, STI/HIV and social problems. Adolescent pregnancy, the risk of adverse outcome (IMR, MMR LBW babies) again is higher; Lack of "connectedness" with parents and other adults prevents transmission of

health messages and crucial skills leading to adoption of risky behaviour, substance abuse, early sexual debut and STI, HIV etc. (An overview of adolescent health in India 2014)

Strategies to Reorganize this behavioral changes of the adolescent children can be stooped / prevented / rectified through

1. positive relationships
2. parental anchoring
3. stable connectivity
4. spiritual involvement such as religious ceremonies ,
5. realistic academic expectations
6. positive family environment
7. guidance on stress management

Parents should help them to get over these behavioral changes through personal attention & supportive advice.

Conclusion

Urban India is facing the challenges of upbringing their adolescent children in this overwhelming background. The heavy immensity of career making , the perennial search for professional entities, escalating fiscal problems, mounting expenditures of educating children , sibling conflicts etc which the urban parents are undergoing, needs a review. If the parents can solve their problems without affecting the family relationships , then parents will get more time to share it with their children & even children will be satisfied with the amount of attention they are receiving for which they are entitled . All adolescent children need parental support in these formative years of their growth & this has to be understood by the parents. Majority of the urban parents think that their duties & responsibilities are completed with their children being admitted to a posh school. But they fail to identify the intact requirements & desires of the adolescent children which emerge during their adolescence. Parents should admit that their family responsibilities should be given top priority. If the children are brought up in a good background they would become good citizens in future. This would be the best contribution a parent affords to his country.

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