

Child Psychological Problems in Pune



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Introduction

Child Child psychology is a branch of psychology is the branch of psychology that seeks to obtain reliable facts about the nature and development of a child's physical, intellectual, emotional and social skills. More specifically it is the scientific study of the changes that occur in a broad range of areas such as motor skills other psychological processes problem –solving abilities, conceptual understanding and identify formation. Though studying these changes is an important aspect of child psychology.

Child psychology is concern with understanding the process involved in child development. Further, it also with at studying the ways in which

children's behavior can be modifiable through the application of psychological principles.

Child psychology is a branch of psychology that focuses on children from infancy through adolescence. A wide variety of topics within psychology are encompassed by this discipline, including abnormal psychology, social psychology, developmental psychology, and so forth. A specialist who focuses on children is known as a child psychologist,

A huge scope of issues is addressed in child psychology. Psychologists study how children learn, how various behaviors develop, the impact of environment on developing children, and many other topics. Children make difficult and sometimes controversial study subjects, because they cannot grant consent in the same way adults do, and studies must be carefully constructed as a result.

There are many forms of applied child psychology, in which a psychologist actively works with children. The professional might provide services to special needs children, helping kids with learning, physical disabilities, and other issues, for example. Child psychologists also assist children who are psychologically troubled with counseling, therapy, and recommendations to psychiatrists who may be able to prescribe medications and other treatments. Others may develop instruction plans designed to help children learn effectively, or work with those who are experiencing psychological trauma like the loss of a parent, a sudden move, a war, or a natural disaster.

A child psychologist studies the mental process and human behavior of a child, offering intelligent tests, counseling and advice to children and their parents. He often works in a privatized field or within a school, offering guidance and help. In addition, someone looking to study child psychology can do so either by taking higher educational classes or buying child psychology books.

Differences in the socialization of children

The ecology system approach serves to highlight the fact that families do not operate in isolation from the larger environmental context in which they exist. Neighborhood, school system, local communities, national governmental structures and cultural milieus all have significant influence, either direct or indirect on family affectively and thereby support children's cognitive emotional and social development .

Gender differences

For instance, girls are more likely to engage in stereotypically female behaviors such as playing with dolls, helping other people ect. On the other hand, parents encourage their sons to undertake, stereotypically masculine activities. Though parents play an important role in learning of gender differences, children themselves are often willing partners in such gender-specific socialization.

Cultural differences

Culture also influences the patterns of child socialization. In Asian communities for instance, obligation to family is especially important. Children raised in these cultures are likely to feel responsibility for their family's well-being and a strong sense of locality to other family members and actively discourage the focus on competitions and individual need.

Effects in family size on child psychology

Socialization processes are also influenced by the family size. In joint families, children have more role models to choose from. Further children in large families are more likely to acquire altruistic behaviors' like helping others and taking care of younger siblings. In nuclear families on the other hand, family members often form more close-knit and intimate relationships. In addition on the family size of the family also affects child development.

Types of family structures

- Families with mother and father
- Divorced families
- Families headed by single parents
- Adoptive family

Effects of family on child

In contemporary times, an increasing number of women are employed outside the home; one implication of this trend is that in companion with earlier times, children spend less time supervised directly by either of their parents. Sometimes parents have little choice but to let their children tend to their own needs for a few hours during their hours it is likely that children might indulge in some form of misbehavior.

Psychological Problems in Children

For the better part of history, psychological disorders were presumed to be a province of the adult mind. However, according to the Mental Health Channel, since the 1960s, research has shown that children are vulnerable to the same psychological problems as adults. In fact, according to the MHC, studies indicate that one in every five American children and adolescents may have a psychological disorder. Furthermore, statistics suggest that two-thirds of these young people are probably not receiving the help they need. Recognizing the symptoms and finding qualified help are the first two vitally important steps in putting your child on the road to a healthy, happy future.

Anxiety Disorders

Different types of anxiety disorders can occur alone or co morbid with each other. Generalized anxiety is characterized by chronic, unrealistic worry that is not based on any real experience. Panic disorder is fear that is manifested in uncontrollable panic attacks (hyperventilation). Post-traumatic stress disorder (PTSD) occurs in children who have been traumatized by violence, physical or sexual abuse, or have lived through a war or natural

disaster. It is characterized by flashbacks to the distressing event that typically occur without warning. Obsessive-compulsive disorder (OCD) causes children to become trapped in repeated behaviors and thoughts, such as hand-washing or counting.

Bipolar Disorder

Bipolar disorder, also called manic depression, is a chronic psychological illness characterized by extreme mood swings from high (hyperactivity, excessive talking, explosive temper, need for little sleep, risky behavior) to low (sadness, physical pain, excessive sleeping, change in appetite, feelings of worthlessness or guilt, low energy, thoughts of death). Bipolar disorder is caused by a combination of genetic, neurological and environmental factors. In addition, children with an anxiety disorder are at higher risk for developing bipolar disorder.

Attention Deficit Hyperactivity Disorder (ADHD)

ADHD compromises a child's ability to learn, maintain concentration and sustain normal activity levels. Although ADHD is believed to develop before age seven, it is typically diagnosed in children between eight and 10 years of age and is 10 times more prevalent in boys than girls. Signs of ADHD include an inability to listen or complete tasks, moving rapidly from one activity to another, being disruptive in school, having difficulty sharing or taking turns, being in constant motion, running and climbing, restlessness, restless sleep and acting without thinking.

Conduct Disorder

The Department of Health and Human Services estimates that as many as one in every 10 children and adolescents have conduct disorder. It is more common in boys than girls and occurs more often in urban settings than rural areas. Signs include aggression, lying, stealing, destructive

behavior, truancy, precocious sexual activity and substance abuse. Studies have shown that children at risk for conduct disorder have experienced neglect, poverty, institutionalization, separation from parents, maternal rejection, parental mental illness or marital discord, abuse or violence.

Accidental psychological effects

Child psychology methods attempt to provide emotional support and constructive solutions when dealing with behavior problems in children. Psychologists typically work with children and adolescents for specified lengths of time that can vary from weeks to months depending on the problems involved. Based on information gathered during the assessment, practitioners identify one or more goals to work on with the child. Goals may involve replacing a destructive emotional behavior with a healthier, constructive response. Children and adolescents affected by psychological disorders may be referred to a physician or psychiatrist for further evaluation and medication treatment.

Parenting young children

Adapting children into other relationships is a key emotional process of this stage. You will take on the parenting role and transition from being a member of a couple to being a parent. While you are still evolving as individuals, you and your partner are also becoming decision-makers for your family. Continuing to express your individuality while working well together as a couple results in a strong marriage.

Your child's healthy development depends on your ability to provide a safe, loving, and organized environment. Children benefit when their parents have a strong relationship.

Caring for young children cuts into the amount of time you might otherwise spend alone or with your partner. If there were skills you didn't learn in previous phases, such as compromise for the good of the family, your relationship may suffer. Divorce and extramarital affairs often occur

during the raising of small children when the parents have not learned proper life skills.

But for those who have the proper tools, this can be a very rewarding, happy time, even with all of its challenges. Optimally, you develop as an individual, as a member of a couple, and as a member of a family.

Parenting tips

Early childhood is a special time for both kids and parents. It is widely held that during the first few years of a person's life, some of the most important physical and emotional aspects of development are set in place. Young children are dependent primarily on their parents to meet their needs during this time. To grow into healthy, happy adults, kids require many things, including safe surroundings, a good diet, peer interaction, a variety of experiences and someone to take care of them in most situations. In this free video series on parenting, a clinical psychologist explains important parenting tips. Find out how to teach your children good hygiene, how to make hand washing fun and how to assign household chores. Learn to deal with stepchildren and get advice on planning healthy lunches. Get tips on teaching manners to children and other advice, all with these free videos.

Conclusion

Just as adults, children can suffer from psychological problems. These may be considered to be behavioral, mental, emotional or learning disorders. Treatments exist for each type of disorder and a mental health professional can determine if a child indeed has a particular problem. Many psychological problems cycle with periods of worsening followed by periods of improvement. Some issues resolve while others persist through adulthood.

References

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