

Positive Discipline: A Unique Method to Replace Corporal Punishment

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Abstract: *Punishment is about controlling or regulating a child's behavior through fear. This method is usually practiced by the teachers in school and parents at home. It has a lot of negative impact on the child's personality. No doubt change can be brought in the behavior of the child through punishment but nit is for a short period. In other way positive discipline is change of behavior through teaching not by punishment which has positive impact on the child for its life time.*

Introduction

Discipline is an important virtue in one's life. It means complete obedience to certain rules and regulations. Life without discipline is just like a house without a roof. Discipline is the structural and fundamental unit of a successful person. It is essential for us at home, for soldiers in battlefield, for students in school, for players in playground etc. Sometimes indiscipline behavior leads to failure in life. In order to maintain discipline in student carrier, one has to obey his teachers as well as abide by the rules of school etc. He should be sincere, dedicated, firm and focused towards his goal which helps in building his/her future personality/ carrier. If he violates, he has to pay for it in future. Children are the future generation of the country. Hence they should be taught to lead a disciplined life by following punctuality, sincerity, hard working in a positive way which will result in forming a good society and nation as well. Positive Discipline in school is comprehensive approaches that teaches rather than punish which helps students to succeed and prosper in life.

Objective:

Punishment (caning, sit ups, scolding etc) is considered as one of the strategy adopted by the teachers in school to discipline the children which has

lots of negative impact on the child. The Right of Children to Free and Compulsory Education Act, 2009 prohibits any sort of physical punishment or mental harassment to the child. Basing on this ban has been imposed on Corporal punishment to children in schools. But in spite of ban, such cases are reported every day in social media. The present article emphasizes on what we mean by Indiscipline behavior of a child, factors responsible for such behavior of a child, difference between positive discipline & corporal punishment, Role of teacher in maintaining positive discipline in school.

Indiscipline Behavior

Indiscipline behavior is a situation in which people do not control their behavior or obey rule. Usually this attitude is very often observed in children. A child spends most of its time either at home or School. Parents, other elderly members in family and teachers in school are the key persons to guide the child in right way. In spite of the guidance, children often show indiscipline attitude. If we analyse such behavior of children at home as well as school we find some variations which are given below:

Figure 1:

Sl.No	Home	School
1	Disobedience to parents	Disobedience to Teachers as well as school rules
2	Quarreling with Siblings for no reason	Quarreling/ fighting with friends
3	Back answer to parents	Back answer to teachers
4	Stubborn for silly things	Not doing home work
5	Throwing things out of anger	Disturbing others in classroom
6	Self-harming when angry	Teasing peers
7	Stealing money from home	Bunk classes and motivate others to do so.

8	Shouting loudly	Shout loudly or use slang in classroom
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Figure 1 reflects the indiscipline behavior of a child at home and school.

No child is born indiscipline. The environment at home as well as school is responsible to some extent for such behavior. If the behaviors of the child enlisted figure 1 is analysed, we can see that the child behaves as such that he/she observes from its surroundings. i.e in family, school, society etc. Besides, electronic media is also more or less responsible for it. The said environmental situation can be categorized broadly into three classes' i.e Parental aspect, school aspect and electronic media.

Parental aspect:

A Major part of the child's behavior is tuned with its parents. Parents are the ones who are placed at the top of the list a child whom he/she loves the most and imitates from them as he believes that whatever they do is 100% right. A no of situations related to parents are there which are responsible for indiscipline behavior of a child. Some of them are elaborated below:

Frequent transfer of the parents: Transfer of employees is an usual practice in ones' service carrier. In such situation a child moves suddenly to a new environment. it is obvious it will take time to adjust a child with the new environment resulting feeling of loneliness. This feeling provokes a child to engage himself in indiscipline activities

Misunderstanding between the parents and their unsocial behavior: Misunderstanding between the parents is a usual behavior observed almost all families. When this misunderstanding goes beyond the limit it indirectly affects the psychology of the child. He/she feels insecure and hesitates to discuss any of his/her problems with the parents. Such situation incites a child to involve in disruptive behavior.

High aspiration of parents: In present day competitive world parents have high expectations from their children. They always compare the ability of their ward with others resulting negative impact on the psychology of the child. Their expectation level is so high that they forget to visualize the actual ability of their children and never show their happiness on whatever he/she achieved on his/her effort. When the child could not reach as per their parents anticipation, he either go on depression or take wrong decision and spoil his life. Sometimes such comparing attitude of the parents put a full stop in friendship for all time to come.

Over caring or blind love: In modern set up most of the parents have maximum two children which is the result of abolition of joint family and emerge of nuclear family instead. Having less no of children parents have become very sensitive towards their children that they are ready to meet all the demands of their children at any cost. This attitude of the parents restrains the child from knowing the value of money and in due course he becomes very stubborn which is earmarked by the society as indiscipline attitude. Similarly, parents do not react on the negative behavior of the child like throwing things, attacking elders etc rather they elaborate it with the people surrounding them. In such situation the child internalizes that whatever he did is good and repeats the same attitude time and again which is considered as indiscipline behavior of the child in future.

Lack of faith on children: Parents faith on children is a unique tool to have a control over them. Usually parents react on the issues about their children reported by the third party. They directly charge their children. By doing such, the child loses confidence on his/her parents and tries to hide things instead of discussing with them. This sort of new development forced a child to adopt indiscipline behavior.

School Aspect:

Teachers are placed in 2nd position that the children believe next to parents. Children have blind belief on their teachers that whatever they are saying is correct. But if any one point out the mistake of their teacher they are not ready to accept it. Hence behavior of the teacher has lots of impact on the personality development of a child. So the environmental aspects of the school are equally responsible for the indiscipline behavior of the child. Some of the aspects are:

Bias attitude: Usually teachers are inclined towards the children who are good in studies. No doubt it is good but at the same time they should not ignore the children who are poor in their studies. Due to such ignorance the doubts of the children remain unsolved and they can not cope up with the day to day teaching. Further there is possibility of development of inferiority complex leading to indiscipline activities to draw the attention of the teacher.

Negative comments in classroom: Most of the times when a child does not go along with the teacher during classroom transaction, he is prone to get some negative comments such as, are you stupid? Don't you understand such an easy thing etc. Such statements in front of other co students lessen the morality of the child resulting regular absent and subsequently drop out form the school.

Poor administration: When the teacher does not fulfill the role of a good administrator, indiscipline situation appears. The rules framed by the school are equal to all. But sometimes the teacher overlooks the fault of the student whom he/she likes and punish others for same mistake. In such situation the 2nd group will create more disturbances in class out of

jealousy. Children are habituated to do mischievous acts. But it is the duty of the teacher to explain and bring realisation among them regarding right over wrong. When they understand the pros and cons of their behavior they automatically restrain from such act.

Poor Teaching : If teaching is not up to mark, the child does not follow the classroom transaction. Each and every teacher has vast knowledge with his/ her teaching experience. But during classroom transactions he/she should be careful about the target group he is dealing with. While teaching he should come to the level of the target group and disseminate the lesson. Otherwise children cannot follow the lesson, lose interest in the class and start doing mischievous things in class earmarked as indiscipline behavior.

Electronic Media:

Social Media is another factor which has negative impact on the behavior of the child. Now-days children are very much accessible to electronic media as well as social media through which they learn lots of things by observing the programmes broadcasted through T.V, radio etc. Electronic media has adverse effect on the child's mind by shrinking physical activity as well as socialization affecting all round development of the child.

As discussed earlier teachers are the key persons to discipline the child in school and corporal punishment is the usual means adopted by them to correct the child. But it has negative consequences such as physical injury, gap in teacher and student relation, drop out from school due to fear psychosis etc. But by adopting positive approach one can get good result which will sustain for life long or all time to come. In this context Wubbels (2011) examined research on classroom management and found that successful classroom

managers focus their attention more on the students' learning and less on creating a noiseless atmosphere. Teachers with good classroom management skills introduce their procedures at the beginning of the school year while making sure not to overload the students. Throughout the year they continue to model appropriate behavior while stopping unwanted behavior before it escalates (Wubbels, 2011).

Data Analysis:

To know the psychology of the teacher as well as parents on corporal punishment, sample of 50 each from parents and teachers were interviewed. While selection teachers only government schools have been taken into consideration. The analysis of the data shows that more than 90% parents as well as teachers are of opinion that presently children are becoming more indiscipline since prohibition of corporal punishment in school. They are of opinion that if one is punished then other children will give a second thought prior to do any mischievous act in class resulting discipline atmosphere in class. While discussing with parents it is observed that lack of patience is one of the major causes behind punishing the children. Nowadays parents keep themselves busy by engaging in different types of activities and have very less time to spend with the children. Further due to workload they get tired and have no interest to hear/understand the child and counsel accordingly to correct his/her negative behavior. Similarly in most of the schools the no of teachers in proportion to the roll strength is less resulting work pressure on them. Besides teaching, the teachers are engaged in different nonacademic activities which lessen their skill for academic improvement of the children. Perception of the idea that believes the corporal punishment is "an effective child-rearing method" and with little intervention the classrooms can be managed.

Corporal Punishment Vs. Positive Discipline:

Corporal punishment encompasses all types of physical punishment including spanking, slapping, pinching, pulling, twisting, and hitting with an object etc. It is deeply ingrained as a tool to discipline children both in government as well as private schools. But most children do not report or confide about the matter to anyone and suffer silently. It has lots of negative consequences such as: physical injury, loss of self-confidence, Involvement in antisocial activities, taking wrong decision, aggressive relation with friends and relatives etc. Regarding positive consequences, no doubt the child will restrain from indiscipline act but it will sustain so long he/she has fear. The moment he overcomes the fear in him, his indiscipline behavior revives. Hence a child can be disciplined for a short period by following corporal punishment.

Positive discipline is a method used by teachers in schools as well as parents at home focusing on the positive aspects of the behavior. Here good and bad does not mean to a child rather it relate to its behavior only. One can change the bad behavior into good one without giving any type of physical or verbal punishment. It helps in sorting out the problems by strengthening the child in tackling the situation properly. The consequences of positive discipline are quite opposite to the consequences of corporal punishment. It helps a child to become more confident, stable, strong, constructive, to distinguish between right and wrong, to learn from his own mistakes etc. These consequences not only make the child discipline by changing its negative mind set but also sustain the change throughout the life.

Conclusion:

Any child whose demand is not fulfilled he/she is prone to indiscipline behavior resulting punishment by the elders. But such punishments create fear psychosis among the children which reduces the closeness between the child and elder members of the family. On the other hand if the situation is handled with positive approach taking into accounts the likes and dislikes of the child, the bond will be stronger resulting positive impact in long run.

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